

The Raihala Family Cookbook

100 Years of Finnish-American Food and Folklore: 1903-2003

Edited by Rea Raihala Christoffersson



Christoffersson Publications

Brownsmead * Portland

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Cover photo: Matt and Mary Raihala with Ellen and Reno in 1904.

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INTRODUCTION

The idea for this book began when my husband, John, and I visited cousins Dick Aho and Thea Dybvik and their respective families in Petersburg, Alaska in May 2001. We had not seen Dick or Thea in about 30 years, and had never met their families. During the course of our reunion, Dick's daughter, Kelly, said, "I don't have any cousins." She meant "first cousins," and in that, she was quite correct. However, it dawned on me that Kelly was one of many Raihala descendants who were largely unaware of the huge, wonderful network of relatives to which we all belong.

As 2003 marks the 100th anniversary of the Raihala Family's emigration from Finland to Oregon, it seems a good time to record some family history and folklore for future generations. To be honest, I didn't know how big the Raihala family was, either. Now, as I write this in November, 2002, I can say definitively that when the Raihalas arrived in Oregon 100 years ago, there were just three of them--a couple with one little daughter. Eventually, that couple had a total of six children. These children, in turn, had 16 children, who had 39 children, who have had 51 children to date, bringing us to 112 direct descendants (including biological, adoptive, and step-children). And Generation 5 is still expanding. So Kelly, thanks for the idea--this book is for you--and for the many, many cousins you didn't know you had!

As one of my hobbies is cooking, I thought a combination family history and cookbook would be useful, interesting, and fun to do. To see if other Raihala cousins wanted to participate, during 2001 and 2002 we visited cousins in Virginia; North Carolina; Anacortes and Auburn, Washington; Coos Bay, Portland, and Clatsop County, Oregon. Response was enthusiastic and many phone calls, e-mails, and snail mails later, this book came into being.

The contributions were eclectic, with recipes for smoked salmon and sweet pickles, lefse, and lutefisk, chili and chocolate chip cookies. And we received lots of good advice and comments.

Cat Dybvik wrote, "My unsolicited advice is to put the dessert section in the front. Why do people always put it at the end?" (We solved this problem by putting the recipe sections in alphabetical order.) "Maybe you could start a family web-site?" Bill Frost wrote. "Why don't you put out an edition on CD--then we could each create our own updated, electronic version?" Teresa Raihala suggested. (Those are terrific ideas, but I'll leave them to younger generations.)

Perhaps the best comment of all came from Thea Dybvik who wrote, "Thank you for making me feel a part of the family again. I thought I forfeited that when I moved to Alaska, but I never forgot the aunts, uncles, and cousins...and the Christmas gatherings!"

So thank you Raihala relatives, spouses, and in-laws everywhere--for your enthusiasm, support, and most of all, your stories and recipes. What a great group--you can cook, and you can write! That made my job much easier. I've rendered your ideas as faithfully as I could; please forgive any errors. Here's a special thanks to John Christoffersson--adviser, editor, and computer guru.

When your favorite pages in this book are splattered and splotted, when you've annotated the family tree with new marriages and babies, and when you hand this book down to your kids and grand-kids, then we'll know **The Raihala Family Cookbook** was a genuine success.

Rea Raihala Christoffersson (Generation 3)
Portland, November 2002

Family History

GANGA AND PAMPA ARRIVE IN AMERICA

Research provided by Frank “Bub” Frost, William Frost, Annie Guitteau, Ray Raihala, and Rea Christoffersson

The Raihala family’s history has been traced back to the 1600s in Finland. Over the years, many Raihala descendants emigrated to America, establishing branches of the family in Ohio, Minnesota, and Wyoming, as well as in Oregon.

Matt Alfred Raihala and Mary Gustava Alajoki, were the founders of the Oregon branch. They emigrated to Oregon and settled in Brownsmead, near Astoria, in 1903.

Matt and Mary were both born in or near Kalajoki, Finland in 1878. They were married there in December 1901, and shortly thereafter, Matt left his new wife behind and traveled to the United States, following his parents. His name appeared as a passenger on a ship in Sault St. Marie, Michigan in 1902, indicating he probably entered the U.S. through Canada, and in 1903, he established the old home place on Gnat Creek in Brownsmead.

Matt and Mary’s first child, Ellen, was born in Finland in 1902. On September 26, 1903, Mary and Ellen arrived in the U.S. on the *St. Louis* and made their way across country to Brownsmead. Reino, the second child, was born in Brownsmead in 1904.

A note about names: Matt was referred to as “Matti” and Mary as “Maria” on Reino’s birth certificate, but most English-speakers in the United States used “Matt” and “Mary” to refer to them officially.

Unofficially, it is a different story. When their oldest grandchild, Frank “Bub” Frost, was learning to talk, he called them “Ganga” and “Pampa” while trying to say Grandma and Grampa. These names stuck, and to this day, Mary and Matt are called Ganga and Pampa by their descendants. Other name changes and nicknames are shown in parentheses below.

When Pampa acquired the home place on Gnat Creek, it contained a two-room house that had probably been used as a bunkhouse or cookhouse for loggers. Over the next 10 years, the couple built a substantial farmhouse, surrounded by a group of out-buildings that would have looked at home in any Nordic country.

Ganga’s and Pampa’s descendants are listed below. The numbers at the start of each line refer to the generations; Ganga and Pampa are considered to be the first generation. The letter “m” means “married” and “p” means “partner.”

1. Matt (Pampa) Alfred Raihala (1878-1950) m. Mary (Ganga) Gustava Alajoki (1878-1967).

- 2. Ellen Raihala (1902-1983), m. Frank Frost; m. Eric Quist
- 2. Reino (Reno) Raihala (1904-1976), m. Aili Turpeenoja
- 2. Wilho (William/Willie) Raihala (1905-1987), m. Lila Suokko
- 2. Sylvia (Shrimp) Raihala (1907-1968), m. Erling Dybvik
- 2. Irene (Ikie) Raihala (1910-1994), m. Gordon Clark
- 2. Wilma Raihala (1918-1999), m. Carl Aarnio

2. Ellen Raihala (1902-1983), m. Frank Frost; m. Eric Quist

- 3. Frank N. Frost (1926), m. Mary Helen Morrison
 - 4. Lynn Frost (1952), m. Jud Guitteau
 - 5. Anne (Annie) Guitteau (1988)
 - 5. William (Will) Guitteau, (1991)
 - 4. William Frost, (1955), m. Lise Elliot
 - 5. Julia Abigail Frost (1994)
 - 5. Samuel Eliot Frost (1996)
 - 5. Tobias Nelson Frost (1999)
- 3. Lois Frost (1928-1995), m. Stanley Aho
 - 4. Richard Aho (1947), m. Gail Herlick
 - 5. Kelly Aho (1989)
 - 4. Steve Aho (1951), m. Kari Thompson (div.)
- 3. Katherine Frost (1935), m. Douglas Rockhill
 - 4. Eric Dean Rockhill (1952), p. Linda Captain
 - 4. Douglas Lee Rockhill (1956), m. Chris Williams; m. Marla Loessberg
 - 5. Scott Jeremy Rockhill (1977), m. Jamie
 - 4. Helene Louise Rockhill (1959), m. Steven Duncan
 - 5. Phillip Ryan Duncan (1986)
 - 5. Bradley Evan Duncan (1989)

2. Reino (Reno) Raihala (1904-1976), m. Aili Turpeenoja (Oja)

- 3. Rea Raihala (1945), m. John Christoffersson
- 3. Ray Raihala (1947), m. Sandy Pedersen; m. Denise Vinson
 - 4. Teresa Raihala (1970); m. Tim Dawson; m. Richard Basney (div.)
 - 4. Matti Raihala (1975), p. Brandi Currier

2. Wilho (William/Willie) Raihala, (1905-1987), m. Lila Suokko

- 3. Rodney Raihala (1939), m. Kathy Burke
 - 4. Erica Raihala (1970)
 - 4. Brendan Raihala (1979)
- 3. Karen Raihala (1946), m. Steve Burke
 - 4. Nathan Burke (1970-2001), m. Sara Hamilton
 - 5. Bradley Robert (1992)
 - 5. Aiden John (5/27, 1997-8/5, 1997)
 - 5. Faith Ailise (1998)
 - 4. Kristen Burke (1973)

2. Sylvia (Shrimp) Raihala (1907-1968), m. Erling Dybvik

- 3. Russell Dybvik (1937), m. Christiane Vangheluwe
 - 4. Catherine Dybvik (1966)
 - 4. Terry Dybvik (1969)
- 3. Sandra Dybvik (1944), m. Ralph Johnson; m. Ron Danen (div.)
 - 4. Cindy Danen (1963), m. John Johnson
 - 5. Stephen Johnson (1983)
 - 5. Zachary Johnson (1985)
 - 4. Peter Danen (1964), p. Sue
 - 5. Allyssa Danen (1999)
 - 4. Shannon Danen (1967), m. Katie
 - 4. Jeremy Danen (1972), p. Lisa
 - 5. Abigail Danen (1998)
- 3. Althea Dybvik (1949), m. Richard Harer; m. Jim Greenfield
 - 4. Collin Caleb Harer (1973), m. Shari Sheets
 - 5. William Richard Harer (1995)

2. Irene (Ikie) Raihala (1910-1994), m. Gordon Clark

3. James Clark (1935-1995), m. Jean Irene Mortenson
(a widow with 3 children)
 4. Linda Clark (1948) m. Paul Zem
 5. Kim Zem (1969)
 5. Sydney Lutgen (1993)
 5. Sevin Lutgen (1995)
 4. Bobbie Clark (1951)
 4. Randy Clark (1954), m. Ann Rizzo
 5. Camaron Clark (2001)
 4. James Clark (1957)
 5. Brian Clark (1978)
 4. DeLaura (Lori) Clark (1960), m Mitchell
Turner; m. Fred Norg (who had 2
children)
 5. Ryan Turner (1979)
 5. Jennifer Turner (1982)
 5. Carri Turner (1984)
 5. Jessica Norg (1980)
 5. Micheal Norg (1986)
 4. Sheri Clark (1965), m. James Weir
 5. Dylan Clark (1989)
 5. James Burroughs (1997)
3. Dennis Clark, (1942), m. Linda Cleveland Jones
(who had 2 children) (div.)
 4. Dennie (1964), m. Christina
 5. Paul Anthony (1980), m. Amanda
Christenson
 5. Ranae Leanne (1987)
 5. Matthew Glenn (1996)
 5. Cody Jace (2001)
 4. Tammy (1966), m. Terry McRoberts
 5. Michelle Lee Ann Schilling (1984)
 5. Brian Elliott Schilling (1992)
 4. Shannon (1968), m. David Low (div.)
 5. Sasha Lin Low (1988)
 5. Zachary Ryan Low (1990)
 4. Sarah (1974), m. Andy Trujillo
 5. Cora Nicole (1992)
 5. Carlie Breeann (1993)
 5. Dillon Andrew (1995)
3. Diana Clark (1946), m. John Hammond
 4. Eric Hammond (1965), m. Stacy Barth
 5. Erin Hammond (1995)
 4. Abby Hammond (1967)
 5. Tad Roane (1987)
 5. Tyler Cline (1993)
 4. Joe Hammond (1974) m. Shelley Miles
 5. Connor Hammond (1999)
 5. Gage Hammond (2002)

2. Wilma Raihala (1918-1999), m. Carl Aarnio

- 3. Judith Aarnio (1941), m. Gordon Branthover
 - 4. Kim Branthover (1959), m. Greg. Chevalier;
m. Jim Hansen
 - 5. Jean Baptiste Chevalier (1986)
 - 5. Paige Le Anne Hansen (1992)
 - 4. Todd Branthover (1962)
- 3. William Aarnio (1944), m. Carol Wiegand
 - 4. Michael Aarnio (1966), m. Marilyn Belmont
 - 5. Bradley Aarnio (1997)
 - 5. Cheryl Aarnio (2000)
 - 4. Steven Aarnio (1969), m. Marguerite Strobo
 - 5. Alexander Aarnio (2001)
- 3. Terence Aarnio (1946), m. Janet Hynen; p. Angela Gardinier
 - 4. Liisa Aarnio (1966), m. Josh Pruzek
 - 5. Logan William Pruzek (2002)
 - 4. Tara Aarnio (1977), m. Ron Bosch



This ship, the *St. Louis*, brought Ganga and Ellen to Ellis Island, New York, on September 26, 1903. Pampa had already emigrated in 1902. (Courtesy of www.ellisland.org)



Ganga, Ellen, Reno, and Pampa in 1904.



Ikie, Shrimp, Ganga, Reno, Willie, Pampa, and Ellen in their new house, shortly after it was built in about 1912. (Wilma was not born until 1918.) This old home place has been home to four generations of Raihalas and still stands in Brownsmead (Clatsop County) Oregon. It is located off Highway 30 between Clatskanie and Astoria.



The six original Raihala children, taken at a birthday party for Ganga, probably in the early 1960s. From left to right: Wilma, Shrimp, Ikie, Willie, Reno, and Ellen.

Family Food Folklore

REMEMBERING FAVORITE FOODS

Ganga's and Pampa's Finnish Farm in America

Contributed by Ray Raihala and Rea Christoffersson

In their new home, Ganga and Pampa surrounded themselves with good things to eat. In addition to the wild flora and fauna on their property, they planted many different fruit trees and shrubs suitable for the mild Oregon climate, some which produced foods they remembered from their lives in the Old Country. These included:

- At least four different kinds of apple trees: two Gravensteins in front of the house, a Northern Spy and a King out in the orchard, and a Winter Banana behind the house. These were sturdy, old-fashioned breeds, and at the end of 2001, one Gravenstein and the Northern Spy were still growing and producing fruit.
- A pear tree in the orchard that produced fruit good for eating and canning.
- Two plum trees and a petite plum tree in the orchard. The deer loved these and consumed any that were allowed to fall on the ground. They looked comical as they nibbled the plums, then daintily spit out the pits.
- Red currants that grew near the sauna, and made excellent jelly.
- Gooseberries (planted near the privy) that were too sour to eat raw, but that could be sweetened when they were put into cooked dishes.
- A raspberry patch down in the swampy area behind the house.

Wilma's and Carl's Home Place

Carl Aarnio, as told to Rea Christoffersson

Carl Aarnio reminisced about his Brownsmead farm at a family smörgåsbord on December 15, 2001, when Carl was 91. “[*In Brownsmead in the 1950s*], we kept a milk cow. The cream on that milk would rise to the top, real thick. Not like the milk you buy where it's all mixed together. We'd take off the cream we needed and stir the rest into the milk.

“We had a garden. We grew those long peas with 9 or 10 peas in a pod. We grew potatoes until they got some kind of blight. Once that gets into the soil, it never seems to go away. Finally, Wilma said it would be better just to buy our potatoes. And we grew rhubarb. Ours never came out quite so good as Lois' [*Aho's*] did, though. But I sure like a good piece of rhubarb pie with nice, thick cream poured over it.”

Thea's Home-Grown Memories

Thea Dybvik

We ate well at our house--home-raised beef and chicken; whole milk, cream, and butter (yum!); fresh eggs. We always had a large garden--lots of fresh veggies and fruit. Mom canned a great deal so we enjoyed the harvest all year long. And the pies! Apple and lemon meringue and cherry and (my favorite) wild blackberry.

Brownsmead Peas

Pampa Raihala, Wilma Raihala Aarnio, and Carl Aarnio, contributed by Gordon Branthover

Wilma was a wonderful cook and gardener. She and her husband, Carl, grew berries and had a large garden every year from 1946-1998. Every summer Wilma was busy canning and freezing her fruits and vegetables. Her most famous vegetable, Brownsmead peas, was also our favorite. As a young girl she used a large workhorse to disk the soil between the rows on the acres of peas grown by her father, Matt “Pampa” Raihala.

The peas were shipped to market by railroad and “Brownsmead” peas are rumored to have been famous in New York.

Fishy Memories

Dennis Clark

Almost all my food memories from when I was a kid are fish- and seafood-related. My favorite fish was sturgeon from the Columbia River. Mom was a pretty amazing cook, and she and Dad would smoke and can sturgeon every year. We’d make sandwiches out of it. Gosh was that good!

Sturgeon Chowder

Thea Dybvik

We often enjoyed gifts of fish from the uncles, and Stan Aho, too. Once, I remember, we had a whole sturgeon hanging from the cherry tree. I don’t think those prehistoric beasts ever died--they’d just go from being fish to being human. Creepy, but tasty. I was making sturgeon chowder when I got the call about Stan Aho’s death. I brought the chowder, pot and all, to Lois’s and fed all who would eat.

MAKING DO

Egg Stew

Reno Raihala, contributed by Ray Raihala

During the commercial gillnet season, we stayed in a floating house “out on the river.” The house was moored in the middle of the Columbia, some 2 miles from shore. Creature comforts were limited--no electricity, no phone, and no mail delivery. Cooking facilities were equally limited, and much of the cooking was done on a one-burner camp stove.

I recall Dad doing some basic fisherman-style cooking. His big dishes were either fish head mulligan (salmon stew) or sturgeon chowder. But once I recall him just boiling potatoes, and then when they were nearly done, adding eggs to the top of the kettle for the last ten minutes or so. When I asked him what he was cooking, he replied, “Egg mulligan.” Well, that didn’t sound too good and I worried for awhile about how it might taste. But by mealtime, Dad revealed that the real goal of his unusual cooking technique was a simple potato salad that contained both the eggs and potatoes, along with a few other ingredients.

I can’t remember how the salad tasted, but I do remember Dad’s sense of humor and his ability to make do with fairly basic cooking apparatus.

Carrot Sandwiches

Russell Dybvik

When Russ and Chris were in the Army in the early 60s, there always seemed to be too much month left at the end of the money. In the last couple of days before payday, Chris often made grated carrot sandwiches for their lunch. Bread was cheap, but lunchmeat was not. Those were the "good old days."

MEALTIME MISHAPS

Pudding or Soup?

Mary "Ganga" Raihala and Lois Frost Aho, contributed by Steve Aho

Mom and Dad [*Lois and Stan*] had just been married and Mom was trying to learn to make Finnish rice pudding. She made her best batch and served it to Ganga, her grandmother. Ganga ate it, and Mom asked, "What do you think of the rice pudding?" Ganga said, "Oh, is that pudding? I thought it was soup!"

If Lois was using Ganga's Rice recipe(see the Desserts section), it is probably the recipe and not Lois' cooking skills that made the rice runny. Ganga's recipe calls for a half gallon of milk!

And It Wasn't Even a Wedding

Shrimp Raihala Dybvik, contributed by Thea Dybvik

We had rice only about twice a year--Dad was a potato kind of guy. Mom and Dad must have been having an ongoing argument that day. We were all at the table when Mom brings in the bowl of rice. Dad says, "*What! Rice again??*" Mom reaches past his face, unhooks the window, and throws the rice, bowl and all, out into the yard. It was pretty quiet at the table that evening.

Keeping an "Eye" on Dad

Erling Dybvik, contributed by Thea Dybvik

Crabs, Dungeness crabs. We usually had them at Vickie and Gene McCullough's house (on the bluff above Knappa Dock). Those two should be honorary Raihalas because they were wonderful to me.

Anyway, they and little Thea and the rest of the Dybvik family would bring crab home from the Bell Buoy in Seaside. We spread the table with newspapers and served the crabs with a simple mayo/ketchup sauce.

You had to guard against Dad distracting your attention and stealing your shelled crabmeat. (He didn't have the inclination to shell and shell to accumulate a pile--he stole from his children.)

On another occasion, we were having "mojakka" which is a fish stew that uses a split salmon head as a base. The head-meat of salmon is very tasty, but the eyes.....the eyes..... One time Dad sucked the eye out of one of the fish-heads. He meant to gross us out (and he certainly did), but he also gagged on it!

The Pumpkinless Pie

Aili Raihala, contributed by Rea Christoffersson

Aili was always insistent that pumpkin pie should have a lot of flavor and be redolent of cinnamon, nutmeg, and cloves. In fact, she could get quite snippy about commercially produced pies that lacked the required spices.

One Thanksgiving when Aili was very busy, she prepared two pumpkin pies to be served as dessert. Busily mixing up the custard filling, she was intent on adding all the required spices in substantial quantities. The filling was finally ready, poured into the waiting pie shells, and the pies were slipped into the oven. That's when Aili straightened up...and saw a large, unopened can of pumpkin standing on the counter! There was nothing to do but extract the pies from the oven, pour out the filling, remix it--this time WITH the pumpkin, and put the pies back into the oven again.

Fortunately, the pies didn't seem to suffer because of the extra handling. They were as delicious as ever.

The Pizza That Almost Took Over the House

Rodney Raihala

Years ago when I was still trying to keep computers running at various Portland businesses, we had a small cooking fiasco at our home. My wife, Kathy, was in the hospital after a surgery, the kids plus Erica's friend Heather (our "other daughter") were at home. I was about at the end of my work shift. After dinner we were all going to go visit Kathy in the hospital.

I had promised the kids pizza for dinner. Sometimes at the end of the day the computers were not yet running and there was no one on second shift to take over the work for you (well OK, maybe this happened more often than sometimes). I called the kids to say I was going to be a little late. But after the job dragged on with no end in sight, during my next call the kids said they wanted to start the pizza. I had my doubts, but they pleaded their case with stomachs rumbling in the background. To their credit they tried to do things right but getting bread dough to rise properly took a bit more experience than they had. It wasn't working, so the pizza was scrapped.

When I finally did get home, the pizza dough was rising quite nicely OUT of the trash can under the sink! Nice try, but too late--it was Burger King on the way to the hospital.

Stories That Were Never Told...

Thea Dybvik

Warn Russ I am going to tell what I remember about the famous flip-the-plate-into-the-lap episode--he should be given a chance to tell his side!...Ask Sandy about the time she dropped the pie....

Neither Russell nor Sandy ever told us the rest of these stories...wonder why?

Blister Chicken

Russell Dybvik

In the early 1960s, Russell Dybvik, Shrimp's eldest, spent two years as United Press International bureau chief in Indonesia and came to love the spicy Indonesian cuisine. He was told the "hottest" food in the world came from the Padang area of West Sumatra -- hotter even than Pakistani curry.

On a reporting trip to the area he sought out a restaurant that specialized in Padang cooking and was directed to a indoor-outdoor place typical of the tropics. He asked for their hottest Padang dish. Chicken, that looked like crispy Kentucky Fried Chicken, was brought to his table along with a liter of Anchor beer. He found the flavor wonderful, with a mild curry feel on the palate. He ate all three pieces of the chicken, which was served cold, not heated, along with steamed rice and a couple of liters of beer, sweating -- he thought -- because of the tropical night air. The next morning he awoke to find the inside of his mouth peppered with tiny blisters. Padang cooking was indeed HOT!

Duck à la Cinders

Russell Dybvik

It was in Indonesia that Russ and Chris met and fell in love. Belgian custom required that he formally ask for her hand in marriage. Chris invited him for dinner after warning her parents what to expect. Canard a l'Orange was to be the main course, prepared by Chris. But an Indonesian servant put the duck on a hot charcoal cooker while everyone was having a pre-dinner drink. Of course, the duck burned. Russ didn't pop the question at dinner or coffee afterwards, or at all that night. While he jokes that it was because Chris burned the duck, it was really because Russ was intimidated by Chris' Dad. At a much less elaborate meal a week later, Russ did ask for Chris' hand and her parents gave their blessing.

Ikie's Private Meal

Ikie Raihala Clark, contributed by Rea Christoffersson

Ikie loved a specialty stew Aili used to make called "fish head mulligan," which included the whole head of a salmon. One afternoon out on the float house, Ikie was presented with a particularly large bowl of mulligan that contained a substantial portion of the fish's head. She said, "I can't really enjoy this in polite company," so she took the bowl into the bedroom and closed the door so she could eat the delicious but messy treat in privacy. While Ikie was eating, a local fisherman stopped in for a cup of coffee. He glanced toward the bedroom in alarm as loud slurping sounds emanated from behind the closed door. Aili said, "That's nothing to worry about; it's just Ikie enjoying her fish head mulligan!"

Thanksgiving in Germany

Russell Dybvik

The first Thanksgiving Russ and his Belgian wife Chris spent together was in Germany in 1963. As a Spec-4, Russ' meager Army pay was stretched to buy a small turkey that Chris dutifully roasted in the tiny kitchen of the home they shared with a German family. The turkey was wonderful, but instead of old-fashioned bread stuffing like Mom used to make, Chris came up with a hamburger and brandy stuffing that fell well short of perfection. That recipe has never since seen the light of day. Instead, Chris has developed her own bread stuffing and roasts the turkey upside down with a garlic-herb rub and bastes it with butter and white wine. Umm, good!

The Boeuf Bourguignon that Wasn't

Jud Guitteau

When I was dating Lynn, I thought I'd impress her one evening by making a home-cooked dinner. I wasn't a very experienced cook, so I searched for a fancy recipe in a cookbook. "Boeuf Bourguignon" sounded good because it called for a lot of red wine. After buying all the ingredients, I waited for Lynn to arrive so I could demonstrate my cooking skills.

With Lynn looking over my shoulder, it didn't take long to realize I had picked the wrong recipe. The last line of instructions read, "Simmer for at least 3 hours."

It was getting late and we were hungry, so we had dinner out that evening.

A New Kind of Chowder

Linda Cleveland Jones (formerly Mrs. Dennis Clark)

Once while Dennis' mom was at work, she asked me to finish a pot of clam chowder for dinner. She told me all I had to do was add the milk. When she returned home, she looked in the refrigerator and asked how we like the chowder. We told her we loved it. She then told us, as the clams were still in the refrigerator, we had just enjoyed hearty bowls of potato soup!

LEARNING HOW TO COOK AND EAT

How Mom Taught Me to Cook

Katharine Frost Rockhill

Since my mother [Ellen] cooked in the [sawmill] cookhouse during the time I should have been learning to cook, and we rarely ate at home, I really don't have any of her recipes. When I left home, my mom handed me her *Women's Home Companion Cookbook* saying, "You better take this. I think you will need it." And I did. Doug and I were very skinny for a lot of years.

"Lettuce" Remember Tyler's Rabbit

Tyler Cline, contributed by his grandmother, Diana Clark Hammond

Tyler's family had a pet rabbit named Bubbles that Tyler adored. When the bunny died, Tyler (then three) didn't say very much, but you knew he was very hurt. Several months after the rabbit passed on, Tyler and his grandma were having the first picnic of summer. They were having such fun when Tyler saw the leaf lettuce in Gram's sandwich. He dropped his food, hung his head as if in remembrance, and said in a deep voice, "That dumb bunny."

Gourmets in Training

Connor and Gage Hammond, contributed by their parents Joe and Shelley Hammond

Connor Hammond (*almost 3 years old, as this was written in the summer of 2002*), doesn't really have a favorite recipe. He likes a wide variety of foods, and one of his unusual favorites is cream of mushroom soup. One morning when asked what he wanted for breakfast, he replied "steak and Suddenly Salad."

Gage Hammond (*8 weeks old when this was written in the summer of 2002*) has a diet consisting of breast milk, so he is happy to have whatever his mama is eating.

Judy's Three Famous Dishes

Judy Aarnio Branthover, contributed by Gordon Branthover

Judy's most famous food quote is, "I only cook three items: Potato Salad, Banana Cream Pie, and I can't remember the third." Needless to say, her husband does most of the cooking.

Cooking with Grandma and Grandpa

Liisa Aarnio Pruzek

Since I have so many fond memories of staying at my Grandma Wilma and Grandpa Carl's house as a child, always looking forward to Grandma helping me cook some sort of decadent treat by "scratch," you'd think that I'd have some wonderful recipes to share on that order. But coming home to my folks with just a recipe really didn't interest me at the age of eight. It was the process of cooking with Grandma in her kitchen, and presenting the said "treat" to Grandpa for his tasting and approval. And this was a BIG deal. If my hard-earned attempt at a pastry failed, I could always go to the pantry for the staple: Grandpa Cracker (a.k.a. Rykrisp or hardtack). It was always a winner!

One other memory that I'll share (since I don't have a recipe from Grandma's kitchen) is that every time we visited, I'd look forward to getting into Brownsmead and rounding a certain curve in the road to see the "Clay Wall." This wall, for my cousins who will remember, was THE place to carve your name or profess your undying love, devotion or graduation year - - into the red mud. And the higher you could get your name up the wall, the greater your stature.

On a walk one afternoon, Grandma Wilma decided that my name - - correctly spelled the Finn way - - needed to be on that embankment. It became our mission. She took special care in selecting the appropriate carving stick, making sure it was extra thick so the letters she created would be deeply carved and bold. Then she chose the position for the graffiti. I was hoping for at least eye level. But Grandma aimed high. Up the muddy wall she scrambled. I was in awe. And the finished product - - L I I S A - - remained for years.

A New Twist on Gourmet "Dining Out"

David Gardinier, contributed by Rea Christoffersson

David Gardinier from Arizona is the father of Terry Aarnio's partner, Angela. David confides that he has a secret ambition—he'd like to write a cookbook on gourmet hiking and camping food. One of his special dishes consists of mushrooms stuffed with crab, olives, cheese, and green onions. This book would add a whole new meaning to the term "dining out in style."

INPUT AND OUTPUT

Uncle Sam Wants You—On the Run!

Matti Raihala, contributed by Teresa Raihala

Many mornings in my life consisted of my brother and me entertaining ourselves as Mom and Dad would sleep in because they were musicians and usually did not get home from work until about 3 or 4 a.m. To make things easier, they would usually put oatmeal on in the crockpot so that when we woke up, breakfast would be ready and they could still sleep. On the mornings there was no oatmeal, there were always a few cold cereals we could choose from.

Well, one morning I woke up and found my 5-year-old little brother, Matti, was already awake and just finishing up breakfast. I got up and when I picked up the box, realized Matti had gone overboard and eaten the entire box of cold cereal! I was quite perturbed to say the least as I thought it must have been a real good cereal for him to eat the entire box, and here I would never find out. Well, about an hour later, I found out just how good that cereal was.

Come to find out, it was Uncle Sam cereal filled with bran, to keep a person's system "regular," if you know what I mean. Four hours and a thousand flushes later, Matti had learned a valuable lesson and I could not have been happier that I missed out on the new cereal!

Gordon and the Swallow

Gordon Clark, contributed by Rea Christoffersson

Whatever we ate, the "input" function was inevitably followed by an "output" function—and in the old days, that took place in the privy. In Aili's and Reno's floating house, the privy was located right over the river. (In the 1950's, people were less concerned about the impact of sewage on the environment.) Local mud swallows soon discovered that they could fly in under the deck of the float house and up through the toilet hole to build a safe nest for their families in the ceiling rafters of the privy.

One day Ikie's husband, Gordon, was making use of the privy, and a swallow flew up and hit him squarely in the backside before beating a hasty retreat. Gordon could have kept the whole event to himself as the swallow wasn't talking, but it made such a good a story that he couldn't resist telling it. He repeated it several times and the punch line always went like this: "I don't know who was more surprised--me or the swallow!"

Cookies for a Bully

Aili Raihala, contributed by Rea Christoffersson

When Ray Raihala was in about the second grade, he took a sack lunch to school every day. One of the bigger kids in the school repeatedly took Ray's lunch away from him and stole his dessert. When Ray told his mom what was happening, Aili came up with a plan. She baked a batch of cookies, substituting the old-fashioned Ex-Lax tablets for chocolate chips. Then she told Ray, "Don't eat these cookies, and be sure to let your friends in on the joke. When that bully steals your lunch sack, make a token protest, but let him have it. After he has eaten the cookies, get together with your friends and say, "'Nah na na NAH na, you ate Ex-Lax!' " The ruse worked as planned, and the bully never stole anyone's lunch again.

Caution! Don't try this now. In today's political climate, you might get sued.

Appetizers and Soups

FRIENDSHIP SOUP MIX

Cindy Johnson

I gave this soup mix and recipe as Christmas gifts this year (2001). It is really pretty layered in a glass jar (I used old spaghetti sauce jars) and capped with a piece of pretty fabric or bow. It would also be a good housewarming or welcome-to-the-neighborhood gift.

½ cup dry split peas
1/3 cup beef bouillon granules
1/4 cup pearl barley
1/2 cup dry lentils
1/4 cup dried minced onion
2 teaspoons Italian seasoning
1/2 cup uncooked long grain rice
1/2 cup alphabet macaroni or other small macaroni

Additional ingredients recipient will add:

1 pound ground beef
3 quarts water
1 can (28 oz) diced tomatoes, not drained

In a 1-1/2 pint jar, layer the first eight ingredients in the order listed. (I added a little extra macaroni to mine to fill the jar to the top for a tight fit. I didn't want the ingredients to shift as I mailed several of these). Seal tightly. This yields one batch.

To prepare soup:

Carefully remove macaroni from top of jar and set aside. In a large soup pot or Dutch oven, brown beef; drain. Add the water, tomatoes and soup mix; bring to a boil. Reduce heat; cover and simmer for 45 minutes. Add the reserved macaroni; cover and simmer for 15-20 minutes or until macaroni, peas, lentils and barley are tender. This yield's 16 servings, or four quarts per batch.

COLD SHRIMP SOUP

Kim Branthover Hansen, contributed by Gordon Branthover

2 tablespoons red wine vinegar
2 tablespoons vegetable oil
2 tablespoons sugar
1 tablespoon dried dill weed
4 cups Clamato juice
1 teaspoon Tabasco sauce
1/2 cup cucumber, peeled and diced
1/3 cup green onions, chopped
1/2 pound salad shrimp, cooked
3 ounces cream cheese, diced
1 medium avocado, chopped

Combine vinegar, oil, sugar, dill, Clamato juice, and tabasco in a bowl. Chill overnight. One hour before serving, place cream cheese in freezer for 30 minutes. Peel and seed then chop cucumber, avocado and onion. Remove cream cheese from freezer and dice. Add all ingredients to bowl of chilled Clamato juice mixture. Place in refrigerator to chill for 30 minutes before serving.

SUMMER CORN GASPACHO WITH SHRIMP

Catherine Dybvik

A quick turn in a sauté pan with olive oil renders the corn just tender and, when cooled, all ready to stir into the vegetable-based soup. At the last moment, the gazpacho is ladled over chilled shrimp; adding the shrimp just before serving preserves their texture.

1 small clove garlic
1/8 teaspoon salt
2 tablespoons olive oil
3 ears corn, preferably white, kernels shaved from the cob
1/3 cup chopped onions
¼ cup diced red tomatoes
2 ¼ cups vegetable-tomato juice, such as V-8
¼ cup diced red bell pepper
¼ cup diced cucumber
¼ cup diced celery
2 teaspoons lemon juice
½ teaspoon Worcestershire sauce
Hot pepper sauce, such as Tabasco, to taste
2 tablespoons finely chopped parsley
Freshly ground black pepper to taste
24 large shrimp (about 1 pound)

On the cutting board, mash the garlic clove with the salt to create a paste. Set aside.

In a skillet over medium-high heat, heat the oil. Add the corn and cook for 1 minute, stirring constantly. Transfer the corn to a small bowl; set aside to cool.

In a blender, combine half the onions, half the tomatoes, and half the vegetable-tomato juice. Blend on high speed until the solids are pureed, about 1 minute.

Pour the contents of the blender into a non-reactive bowl; stir in the remaining onions, tomatoes and vegetable-tomato juice, along with the red pepper, cucumber, celery, lemon juice, Worcestershire sauce, hot pepper sauce, parsley and corn. Blend in the garlic paste, mixing well. Season to taste with the pepper. Cover tightly and chill thoroughly, at least 4 hours, or up to 8 hours.

Meanwhile, bring a large pot of water to a boil. Steam the shrimp until cooked through, but not rubbery, about 4 minutes. Remove from the heat; set aside to cool. Peel and de-vein the shrimp. (Don't forget to take off the tails if they are still attached.) Cover and refrigerate for at least 2 hours or up to 6 hours.

To serve, place 4 shrimp in each soup bowl and ladle the chilled soup over the shrimp.

TORTELLINI BASIL SOUP

Liisa Aarnio Pruzek

Since we are new parents, successful meal preparation is about how fast and easy we can get food on the table before the little guy wakes up. So, we share our favorite fast, easy and tasty soup for all those who are on the go!

4 cups chicken broth
1 regular size package of cheese tortellini (or chicken tortellini)
1 15-ounce can of small white beans
1 cup diced fresh tomato
½ cup fresh basil
2 tablespoons balsamic vinegar
¼ teaspoon salt
Pepper to taste
Parmesan cheese to taste, as garnish on top

Bring the chicken broth to a boil and add the tortellini. Cook 4-6 minutes. Reduce heat and add the white beans and tomato. Simmer for 5 minutes. Remove from heat and add basil, balsamic vinegar, salt and pepper. Top with grated parmesan cheese.

Enjoy!

HALIBUT BEER BITS

Kelly Aho

1 pound halibut, cut in 1-inch cubes
Flour to coat fish
1 cup flour for batter
1 teaspoon baking powder
½ teaspoon salt
1 egg
1 cup beer
¼ cup salad oil
Oil to fry fish in

Mix all ingredients but the halibut and frying oil until smooth.
Dry the halibut, coat with flour, dip in batter.
Deep fat fry until golden brown.

SMOKED SALMON

Dick Aho

Christmas (2001) in Petersburg [*Alaska*] was quiet. We had time away from school and from work and were able to putter at a relaxed pace. The snow went away so Kelly wasn't able to practice her skiing, but it was pleasant enough for me to spend several afternoons in the skiff trying to catch a king salmon.

I did catch one and smoked much of it. It came out great, in my opinion, and I am very willing to share the recipe. This recipe has been in SE Alaska for many years. I have been able to track its

origins back to a long-ago retired Forest Service timber staff officer and avid sport fisherman named Larry Finn. He passed it to Everett Kissinger who shared it with Bill Pawuk (who just retired last summer) and it finally got to me. I believe the original recipe for brining is substantially unchanged as no one wanted to tinker with success.

Step 1. Fillet approximately 5 pounds of salmon and cut crosswise into 1 ½ -inch strips. Fresh salmon is best, but previously frozen fish works, too.

Step 2. Mix ½ cup white vinegar and ½ cup salt with one gallon of water. Soak the strips for one hour and drain. We don't know what's accomplished with this step, but again, no one wants to tinker.

Step 3. Mix one cup of salt, 1 ½ cup of brown sugar, ½ cup of white sugar, one teaspoon of maple extract, and 1/8 teaspoon of pepper with two quarts of water. Soak the strips for four hours in a cool location.

Step 4. Remove and dry the fish with a generous amount of paper towels. Continued drying over night on a rack in the refrigerator helps but isn't necessary.

Step 5. The actual smoking depends upon your personal preference and your particular smoke house. I have good results with a commercially manufactured "Big Chief" smoker. Place the strips widely spaced on the racks and smoke for 16 to 24 hours at less than 80 degrees. The smoke house lid must be ajar to maintain the cool temperature. During this phase, the fish continues to dry and is given the smoky flavor, but isn't cooked. Then replace the lid and add insulation, if necessary, to raise the temperature to about 160 degrees for at least 30 minutes to kill bacteria.

Step 6. Remove the strips and store for at least 24 hours in the refrigerator to soften the outer crust that may have formed, and to evenly distribute the flavor within the strips.

The fish will keep at least 10 days in the refrigerator.

SALTED SALMON (SUALA KALA)

Aili Raihala, contributed by Rea Christoffersson

This is an adaptation of a recipe that appeared in The Oregonian's Northwest Magazine on January 27, 1974. We keep our brine container in the back of the refrigerator because Bub Frost told us he once had a non-refrigerated batch go bad during a spell of hot weather. This is wonderful on buttered hardtack/knäckebröd, in laxlåda, or when made into pickled salmon.

Dissolve 1 pound of non-iodized rock salt or regular salt in 9 pints of water. Add about 1/3 cup sugar. Bring the brine to a boil, skim the foam that rises to the surface, and cook until the salt and sugar are dissolved. Let cool at least to room temperature.

Place two pounds of cleaned salmon filets in a sterilized crock or other large glass or ceramic container. Pour the brine over the fish to cover and weight down with a heavy object (such as a smaller bowl) to keep fish submerged in the brine. Cover with a lid or plastic wrap and let stand in the back of the refrigerator or other cool place for at least 3 days, or up to several weeks.

To use the fish, take out as much as you need, returning the remainder of the batch to the brine. Let the fish soak in clear water for a few minutes, or up to four hours for each month it has been in the brine. Change the soaking water several times, then dry and slice the fish for use.

CLARENCE BARENDSE'S PICKLED SALMON

Snooky Barendse, contributed by Steve Aho

Here is the pickled salmon recipe. It is adapted from The Great American Seafood Cookbook by Susan Herrmann Loomis, (New York: Workman Publishing). Snooky, who is Steve's god-father, gave us permission to reprint it here.

1 pound red king salmon fillet, skin and bones removed
3 1/2 teaspoons salt
1 cup distilled white vinegar
2 tablespoon packed dark brown sugar (I actually use light brown sugar)
1 teaspoon black mustard seed
1 teaspoon yellow mustard seed (I actually use 2 teaspoons yellow and no black, because I can't find black, and it is great without it)
1 tablespoon pickling spices
1/4 teaspoon dried hot pepper flakes (a little more is better, if you like hot pepper)
1 medium white onion, peeled and thinly sliced

1. Rinse and pat the salmon dry. Cut crosswise in 1/4-inch slices. Sprinkle 1 1/2 teaspoons of the salt in the bottom of a shallow, non-aluminum dish that will hold all the slices in one layer. Arrange the salmon on the salt, and sprinkle on the remaining salt. Cover with foil and refrigerate overnight.
2. In a medium-size, non-aluminum saucepan, combine the vinegar, sugar, and 1 cup water. Bring to a boil. Remove from the heat; set aside to cool.
3. Rinse the salt from the salmon and pat dry.
4. Mix the spices together in a small bowl. Alternate layers of salmon and onion in a 1-quart canning jar, sprinkling the spices on each layer so they are evenly dispersed.
5. When the vinegar and water mixture is cool, pour it over the salmon and the onions, making sure that all of the salmon and onions are covered evenly with the liquid. Don't be concerned if you have some of the mixture leftover. You may want to use a chopstick to move the salmon away from the edges of the jar to let the liquid flow around the salmon.
6. Close the jar and refrigerate for at least 24-hours.

Makes 1 quart pickled salmon (10 to 12 servings) and should keep in the refrigerator for up to one month.

Important note : To insure that the salmon does not contain harmful parasites, the salmon should have been fresh-frozen or salted.

Beverages

FISHING BREAKFAST

Matt "Pampa" Raihala, contributed by Thea Dybvik

Pampa was known for being a hard drinker. Thea Dybvik recalls a story she heard about him as a kid. "Is it true," she asks, "that Pampa's fishing breakfast was a raw egg in a glass of whiskey?"

BOILED COFFEE

Mary "Ganga" Raihala and Ellen Raihala Frost Quist, submitted by Lynn Frost Guitteau

I have one very strong memory from my childhood visits to Knappa. It actually concerns a beverage recipe. As early as age 3, when visiting both my grandmother Ellen Quist and my great grandmother Ganga, I was always served coffee along with the adults. The recipe was as follows:

Make a pot of coffee using the open pot method.

Fill a coffee pot with water, add ground coffee to the water, (preferably Maxwell House from a can).

Put pot on to boil.

When water boils yank pot off.

If the grounds don't settle, add a small amount of cold water to the pot.

If the grounds still don't settle, add an egg shell.

Fill one coffee mug almost to the top with warm milk.

Top it off with this good, strong, real coffee.

It was delicious and very grownup.

NATHAN'S CALCUTTA IPA (INDIA PALE ALE)

Nathan Burke, submitted by Sara Burke

Nathan won first prize at the Washington County Fair in 2000 for this beer. It should ideally sit about 3 months after bottling to have the best flavor.

8.5 pounds Light Malt Extract Syrup

1 pound English 2-Row Pale Malt, crushed

0.5 pounds Crystal Malt 64 deg.L

2 ounces Chinook Hops, 12% alpha (45 min. boil)

1 ounce Cascade Hops, 5.5% alpha (10 min. boil)

1 ounce Cascade Hops, 5.5% alpha (5 min. steep)

1 ounce Cascade Hops, 5.5% alpha (dry hop)

1 package Wyeast London Ale Yeast

1 package Dry Malt Extract (for bottling)

2 ounces French Oak Chips

Step One: Infusion Mash

Raise 1.5 quarts of water to 168 degrees F.

Add grains.

Mash 1 hour at 150 degrees F.

Raise 3 quarts of water to 170 degrees F.

Raise mash to 170 degrees F.

Sparge into kettle. This yields 1-1.25 gallons of extract.

Step Two: Boil

Add malt extract syrup over low/no heat, stir to mix.
Add water to make 3 gallons.
Raise to boil.
Return to boil and boil for 35 minutes.
Add Cascade hops, boil 10 minutes.
Remove from heat.
Steep finishing hops for 5 minutes.
Sparge into a bucket.

Step Three: Finishing

Add water to make 4.5-5 gallons.
Rack to carboy after 1 hour to remove trub.
Add yeast when wort is cool.
Rack to secondary fermenter when primary fermentation is complete.
Add dry hops and French oak chips.
Rest for 5 days.
Bottle.

“KAHLUA”

Katharine Frost Rockhill

¼ cup instant Yuban coffee
4 cups water
1 fifth 100-proof vodka
3 cups sugar
3 capfuls of vanilla extract

Mix all ingredients except vodka. Bring to a boil, then simmer for 30 minutes. Add vodka. Let age 14 days (if you can).

MOONSHINE

Reno Raihala, contributed by Rea Christoffersson

After Aili died, we found this recipe for moonshine in Reno’s handwriting in her recipe file. It was written on a page from a commercial scratch pad with the letterhead, “Pauls. Made by the Linen Thread Co., Inc. Locknot and Imperial Knot salmon gill netting.” During Prohibition, Reno bought moonshine from a local bootlegger called Jimmy the Rat who was rumored to have a still in a pig-sty behind his house. To make a purchase, Reno would go to Jimmy’s house after dark, throw pebbles at a certain window until it opened up, and then say, “Hey, Jimmy, it’s Reno!” Apparently, this was the local equivalent of the speakeasy entry line, “Joe sent me.”

50 gallon BBl [*barrel?*] or 25 gallon [*presumably for half the recipe*].
Fill with water to about 4 inches from top with everything in it.
50# cr. [*cracked?*] corn
50# sugar
1 package yeast—crumble yeast in warm water.

Work 72 hours. Stir good—then strain, put in still & boil slow. Get about 9 to 12 gal first run—put in 10 gallons good water and your first run for the second run. You get about 5 gallons.

Breads, Quick Breads, Pancakes, and Waffles

RIESKA

Aili Raihala, contributed by Rea Christoffersson

This is a type of Finnish soda bread.

2 cups flour
½ cup rye or graham (whole wheat) flour
½ teaspoon salt
1 teaspoon sugar
½ teaspoon soda
1 teaspoon baking powder
½ cup buttermilk
½ cup milk
2-4 teaspoons melted butter

Combine dry ingredients, except for the soda, in a mixing bowl. In another bowl, mix the soda with the wet ingredients. Make a well in the flour mixture and pour in the wet ingredients. Mix gently and let the dough relax for a few minutes. Form into a round loaf on a greased cookie sheet. Make a small hole in the center, so the loaf looks like a large doughnut. Using a fork, punch holes all over the top. Brush the loaf with the melted butter. Bake in a hot oven (400 F.) for 10 to 15 minutes.

CARROT BREAD

Marla Loessberg Rockhill, submitted by Katharine Frost Rockhill

2 cups flour
2 teaspoons baking soda
2 teaspoons cinnamon
1 ½ cups sugar
½ cup raisins
½ cup chopped walnuts
½ cup vegetable oil
2 teaspoons vanilla
2 cups grated carrots
3 eggs

Mix all ingredients together. Pour into greased loaf pans. Let stand for about 20 minutes. Then bake at 350 degrees F. for about one hour. Makes two loaves.

ZUCCHINI BREAD

Marla Loessberg Rockhill, contributed by Katharine Frost Rockhill

1 cup vegetable oil
3 eggs
2 cups sugar
3 teaspoons vanilla
3 cups flour
1 teaspoon salt
¼ teaspoon baking powder
1 teaspoon baking soda
2 teaspoons cinnamon

2 cups grated zucchini
½ cup chopped walnuts

Mix first four ingredients together. Sift dry ingredients together. Mix wet ingredients with the dry ones, then stir in the zucchini and walnuts. Pour into a loaf pans with a paper towels on the bottom. Do not grease the pans. Bake at 350 degrees F. for one hour. Makes two loaves.

BEER BREAD

Katharine Frost Rockhill

3 cups self-rising flour
3 tablespoons sugar
1 bottle beer

Mix ingredients and bake at 350 degrees F. for one hour. Halfway through the baking,, brush the top of the loaf with butter.

SOURDOUGH BISCUITS

Cindy Danen Johnson

2 cups proofed sourdough batter
2 ¼ cups flour
1 tablespoon baking soda
½ teaspoon salt
¼ cup Crisco
½ cup milk

Mix dry ingredients together and cut in shortening until grainy. Mix milk with sourdough batter and stir in dry ingredients. Knead on board about 30 seconds. Roll out dough to about ½ inch thickness and cut into circles with a glass. Place on greased cookie sheet allowing room for biscuits to rise. Let sit 30 minutes to 1 hour. Brush tops of biscuits with melted butter and bake at 400 degrees for 15 minutes or until puffed and golden brown.

SOURDOUGH STARTER

Cindy Danen Johnson

6 cups flour
1 tablespoon sugar
1 package yeast
1/4 cup warm water

Soften yeast in warm water for 5-10 minutes. Add flour, sugar, and enough water to make a thick batter. Cover and stand in a warm place for 2 days. Refrigerate until use.

To maintain starter, use every 4-6 weeks at least or expand as follows:

The night before you plan to bake, add:

3 cups flour
1 tablespoon sugar

Enough water to return starter to original thickness.

Let stand in warm place overnight before using or returning to fridge.

Warning!

Do not keep this in an airtight container! Works best in a ceramic dish, or a glass pitcher. Just lightly cover it with plastic wrap.

PEPPERY WHITE CHEDDAR BISCUITS

Diana Clark Hammond

4 cups flour
2 teaspoons soda
2 teaspoons baking powder
1 teaspoon salt
2-3 teaspoons coarsely ground black pepper
½ cup shortening
¼ cup butter
1 ½ cups milk
1 ½ cups (about 6 ounces) grated white cheddar cheese
1 egg beaten with ½ teaspoon water

Lightly grease a cookie sheet. Mix together the first 5 ingredients. Cut in the shortening and butter until the mixture forms coarse crumbs. Make a well in the center of the dry ingredients and add the milk. Mix just until the dough is evenly moistened. Turn onto a lightly floured surface and knead 8 to 10 times. Roll out 1" thick. Cut into square or round biscuits. Brush the biscuits with the egg mixture. Bake at 400 degrees F. for 13 to 15 minutes.

KAREN'S ALL-PURPOSE MUFFINS

Karen Raihala Burke

These are real muffins, not the cupcakes you get at Costco!

Basic Recipe

1 egg, beaten well
1 cup milk
¼ cup oil
Beat together well with a whisk.

2 cups flour
¼ cup sugar
1 tablespoon baking powder
½ teaspoon salt

Sift together into egg, milk, and oil mixture. Stir with a spoon only until blended. Batter will be lumpy. Spoon into muffin tins sprayed with cooking spray. Bake at 425 degrees F. for 18-20 minutes. Makes 12 regular-size muffins or six super-size muffins.

Adaptations to make them more or less healthy, sweet, different, etc.:

Poppy seed Increase sugar to ½ cup and oil to 1/3 cup. Add another egg if you want (not really necessary though). Add ¼ teaspoon almond extract with wet ingredients and stir in 2 tablespoons poppy seeds with dry ingredients. Bake at 375 degrees F. for 20 to 22 minutes.

Apple-Oatmeal: Substitute $\frac{1}{2}$ cup quick rolled oats (not instant) for $\frac{1}{2}$ cup of the flour. Stir oatmeal into the wet ingredients and let stand while you measure the dry ingredients and chop the apple. Increase sugar to $\frac{1}{3}$ cup (or use brown sugar). Add $\frac{1}{4}$ teaspoon cinnamon if you want. Stir one peeled, chopped apple into wet ingredients; mix with dry ingredients. Bake at 375 degrees F. for 22 minutes.

Blueberry: Add $\frac{1}{4}$ teaspoon nutmeg with dry ingredients. Increase sugar to $\frac{1}{3}$ cup if you wish. Stir in $\frac{1}{2}$ cup fresh or drained blueberries. Bake at 400 degrees F. for 20-22 minutes.

Banana Nut: Reduce milk to $\frac{3}{4}$ cup. Add one or two mashed bananas and $\frac{1}{3}$ cup chopped nuts (pecans are good). Bake at 375 to 400 degrees F. for 20 to 22 minutes.

Cheese: Reduce sugar to 2 tablespoons. Stir in $\frac{1}{2}$ cup grated cheddar cheese. Bake at 425 degrees F. for 18 minutes. These are good with soup or stew.

Fresh Raspberry: Increase sugar to $\frac{1}{2}$ to 1 cup and oil to $\frac{1}{3}$ cup. Gently stir in 1 to 2 cups fresh raspberries. Bake at 375 degrees F. for 22 to 25 minutes. Decadent!

THE FROST KIDS' FAVORITE BANANA MUFFINS

Lise Eliot (Mrs. William Frost)

This is a great recipe for kids to help with. Whenever I announce I'm making muffins, Sam and Toby race over to the counter with their chairs and stools to stand on. The problem is, they block the way before I've had a chance to get the measuring cups & spoons and muffin pan out of the drawers below. But now, at ages 6 and 3, they are a great help. Sam likes to mix the dry ingredients and pour the oil, while Toby has gotten very skilled at cracking eggs and mashing bananas. Each has been putting the paper cups in the muffin pan since he was a young toddler.

You might wonder where 8-year-old Julia is in all this. Thus far, she is much less interested in cooking than her younger brothers. But she does like the muffins for her school snack, and insists that we publish only this version of the recipe--the sour cream and chocolate chips are her favorite additions.

Mix these dry ingredients together:

$\frac{1}{4}$ cup flour
 $\frac{1}{2}$ cup sugar
2 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
1 cup oatmeal
 $\frac{1}{2}$ cup chocolate chips

Mix these wet ingredients together:

1 egg, beaten
1 cup mashed bananas (2-3, depending on size)
 $\frac{1}{3}$ cup cooking oil
 $\frac{1}{2}$ cup sour cream
 $\frac{1}{2}$ cup milk

Add wet to dry ingredients. Do not over-mix. Bake at 400 degrees F. for 15 minutes. Makes 12-16 muffins. Yum!

WILMA'S RYE BREAD

Wilma Raihala Aarnio (found in Aili Raihala's recipe file by Rea Christoffersson)

Mix these ingredients well and let them stand.

2 packages yeast
1 teaspoon sugar
1 cup warm water
1 ½ cups white flour

Mix this second group of ingredients well and add the yeast mixture.

2 cups milk, scalded
1 cup water
5 tablespoons margarine
½ cup brown sugar
¼ cup white sugar
1 tablespoon salt (Aili notes she uses 2)
½ cup molasses
3 cups rye flour (Aili used 2 cups rye, ½ cup graham/whole wheat, and ½ cup wheat germ)
1 cup white flour
1 teaspoon whole anise seeds
3 tablespoons honey or dark corn syrup

Then add:

2 cups white flour

Knead in:

3 ½ cups white flour

Knead well and form into loaves. Bake at 350 degrees F. for 1 hour.

LILA'S SWEDISH RYE BREAD

Lila Raihala, contributed (with a few changes) by Karen Raihala Burke

2 envelopes dry yeast
1 teaspoon sugar
1 cup warm water
1 ½ cups bread flour

Mix yeast, sugar, warm water, and flour into a paste (or sponge) and let stand. Do not use too small a bowl because it puffs.

2 cups milk
1 cup water
5 tablespoons butter or stick margarine

Scald milk, water, and butter.

½ cup brown sugar
¼ cup white sugar
1 tablespoon salt
1/3 cup molasses

3 cups rye flour (or part whole wheat or graham flour)
1 teaspoon anise seed
1 tablespoon dark corn syrup (I often leave this out or substitute additional molasses)

Add remaining ingredients and mix well (beat with a heavy-duty mixer if you have one).

Add the yeast mixture and 2 cups white flour; mix well. Continue adding white flour and knead by hand or heavy-duty mixer for 10 to 15 minutes. Place in greased bowl, turning dough to grease top. Cover with plastic wrap and let rise until doubled.

Punch down. Turn out onto lightly floured surface. Divide into four portions, cover, and let rest 10 minutes. Form into four loaves, cover, and let rise until doubled. Bake at 350 degrees F. for 45 to 60 minutes. If desired, brush tops of loaves with butter while bread is still hot.

DE LUXE ROLLS

Ellen Raihala Frost Quist, contributed by Lynn Frost Guitteau

I inherited my grandmother's *The Joy of Cooking* cookbook and in the back is a handwritten recipe for "De Luxe Rolls". I remember that rolls were a very important part of every meal at Grandma's.

1 ¼ cups milk, scalded
1 cup shortening (part or all butter), melted
1 cup sugar
2 cubes compressed yeast
1 teaspoon salt
1/4 cup lukewarm water
6-7 cups sifted all-purpose flour
4 eggs, beaten

Combine scalded milk shortening, sugar and salt. Cool to lukewarm. Soften yeast in lukewarm water; stir and combine with milk mixture; add about 1/2 the flour; add the beaten eggs; beat well. Add enough of the remaining flour to make a soft dough mix thoroughly. Turn out on a lightly floured board and knead about 10 minutes. Place in lightly greased bowl, brush surface very lightly with grease, cover and let rise about 2 hours. Shape into rolls, let rise 1/2 to 3/4 hour. Bake in moderate 375 degrees F. oven 15 to 20 minutes.

FINNISH COFFEE BREAD (CARDAMOM BISCUIT)

Aili Raihala, contributed by Cindy Danen Johnson

Aunt Aili gave me this recipe and showed me how to make this when I was in high school, and I have thought of her each and every time I made it. Now, however, I have this nifty trick to make it go faster, so I use this method or a bread maker to make this now!

2 cups milk, scalded then cooled
1/2 cup butter
2 teaspoon ground cardamom
1 1/2 cup sugar
2 packs yeast
3 eggs, beaten
5-6 cups flour

Scald milk, and add butter, sugar and cardamom. Beat eggs and when milk mixture is no longer hot, add to that. Add yeast and flour. Knead in what you can't mix in. Knead until surface is smooth and elastic. Mold into two loaves. Place in greased glass bread pans. Spray top of loaves with cooking spray oil. Cover and place in microwave. Cook on high 1 minute. Let set for 15 minutes. Cook on High additional minute, let rise another 15 minutes. (Dough should be level with or just higher than the bread pans). Bake in oven at 350 degrees F. for 35-40 minutes. Brush with strong coffee and sprinkle with sugar. Cool before slicing.

LEFSE

Contemporary recipe by Cindy Danen Johnson

1 package Viking Bread – re-hydrate by running under water and placing between plastic wrap and cover with towel for 20 minutes. Spread with REAL butter, sprinkle with sugar to taste. Cut in quarters and serve!

LEFSE

“Old method,” as remembered by Russell Dybvik

As Russ did not provide a detailed recipe, here is a lists of ingredients adapted from The Last Word on Lefse,” by Gary Legwold (Cambridge, Minnesota: Adventure Publications 1992). 5 cups riced potatoes, ½ cup margarine, 2 tablespoons sugar, 1 tablespoon salt, and “flour enough to be able to roll out thin.”

During Christmas at the Dybviks, the lefse was always a production. The dough was mixed in a big bowl and rolled paper thin before it was flopped right on top of the old cook stove. After a couple of minutes, Shrimp used the handle of a long wooden spoon to loosen the lefse from the stove top and deftly flipped it over to finish cooking. From there it was taken to the kitchen table where it cooled on a rack and then was carefully stacked in a clean dish towel until it was time to eat. Preparing the lefse for the table was another production. The dried, cooked lefse was put in a damp dish towel for a few minutes, then buttered, sprinkled with sugar and folded in half, sliced into wedges and popped into waiting mouths. It replaced bread for Christmas Eve dinner and there was never any left over.

EASY CARAMEL BREAKFAST ROLLS

Carol Aarnio

If you have a timed bake on your oven without a broiler coil that helps preheat, this is a great recipe. Set the oven the night before and breakfast will be ready when you get up. (If your broiler helps preheat the oven, the rolls will get too brown.)

20 - 22 Rhodes dinner rolls, frozen (regular size)

1 3-ounce package vanilla “cook and serve” pudding (use the dry mix; do not cook)

3/4 cup nuts (optional)

1/2 cup brown sugar, packed

1 teaspoon cinnamon

1 cube butter, melted

Place frozen rolls evenly in a bundt pan. Sprinkle with dry ingredients and nuts. Pour butter evenly over the top. Set in a cold oven overnight (10 hours or so). Turn on oven--no need to

preheat. Bake at 350 degrees F. for 30 to 40 minutes. To serve, place a serving plate on top of the bundt pan and turn over; the rolls should come right out onto the plate.

If you choose, you can also make this with butterscotch pudding; reduce amount of brown sugar to 1/4 cup.

SOURDOUGH PANCAKES

Cindy Danen Johnson

2 cups proofed starter
½ cups flour
1 tablespoon sugar
¼ teaspoon salt
1 tablespoon baking powder
1 cup milk
3 eggs, beaten
¼ cup butter, melted

Mix dry ingredients together. Add milk and eggs to sourdough batter. Mix with dry ingredients. Let rest 15 minutes. Gently stir in melted butter. Prepare as regular pancakes.

KAREN'S SPEEDY PANCAKES OR WAFFLES

Karen Raihala Burke

The full name of this recipe is “Karen’s Speedy Don’t –Have-To-Think-About-It-or-Buy-It Pancakes or Waffles.”

1 whole egg
1 egg white

Separate eggs, beat whites until stiff.

1 cup white flour
½ cup whole wheat flour (or white if you don’t want the fiber, or oatmeal if you want something different—especially if you add an apple)
1 tablespoon sugar
1½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt

Sift dry ingredients together. Add:

1 egg yolk
1½ cups milk (all regular milk or half buttermilk)
¼ cup oil

Beat until well blended. Fold in beaten egg whites and cook as pancakes or waffles.

Add any of the following, as desired:

½ cup blueberries
1 diced or grated apple
1-2 mashed bananas with 1/3 cup chopped nuts (reduce milk by ¼ cup)
Chocolate chips (for grandchildren)

HAZELNUT WAFFLES

Gordon Branthover

1/2 cup butter
1 1/2 tablespoons sugar
2 egg yolks
1 1/2 cups flour
Salt (to taste)
6 teaspoons baking powder
1 1/2 cups buttermilk
2 egg whites
1/3 teaspoon almond flavoring
3/4 cup hazelnuts, chopped

Cream together butter and sugar. Add egg yolks and blend. In a separate bowl mix the flour, salt and baking powder. Using low speed on your mixer, alternately add buttermilk and flour to the egg mixture. Add almond flavoring. Beat egg whites until stiff and fold into batter. Spoon batter into waffle iron and sprinkle with nuts. This recipe serves six.

Variation: Instead of buttermilk use 1 1/2 cups milk and mix with 1 1/2 tablespoons vinegar.

Cakes, Pies, Cookies, and Candy

CARROT CAKE

Cindy Danen Johnson

2 cups sugar
4 eggs
2 cups flour
2 teaspoons cinnamon
2 teaspoons baking powder
2 teaspoons baking soda
1 1/2 cups oil
3 cups grated carrots
1 cup chopped walnuts

Cream cheese frosting:

1 stick margarine or butter
18 ounces cream cheese
1 box powdered sugar
2 teaspoons vanilla

Beat whole eggs into sugar, one at a time. Mix in dry ingredients, alternating with oil. Add carrots and nuts. Pour into two 9" x 13" greased oblong pans. Bake at 350 degrees F. for 40 to 45 minutes.

Frosting: Cream butter and cream cheese and half the sugar. Add vanilla and the rest of the sugar. Frost the cake when cool.

APPLE BUNDT CAKE

Linda Clark Zem

My most treasured memories are of my family at Christmas time. We would all get together to celebrate with food and fun. My mom loved sweets and two of her favorites were my million-dollar fudge and apple bundt cake. When my parents left for San Felipe, Mexico each year in January in their RV, I would make them an apple cake to take with them to have with their morning coffee.

Now when I make these family favorites at Christmas, I remember how much my mom and dad loved them, and I feel it is a tribute to them.

4 cups diced apples
1/2 cup soft butter
1 2/3 cups sugar
2 eggs
3/4 teaspoon vanilla
2 cups sifted flour
2 teaspoons baking soda
1/2 teaspoon salt
1 tablespoon cinnamon
1/4 teaspoon ground cloves
Dash pepper
1/2 cup raisins (optional, I don't use them)
1/2 cup chopped nuts

Peel and core the fruit to make four full cups. Cream butter and sugar thoroughly. Add the eggs one at a time, beating after each addition. Blend in vanilla. Sift flour, soda, salt, and spices. Add to creamed mixture, along with fruit and nuts. Mix well but lightly with a wooden spoon. Turn into a greased and floured two-quart bundt pan. Bake at 350 degrees F. for 60-65 minutes. Cool in the pan for 15 minutes, then turn out onto a rack.

Glaze: Combine 1 ½ cup confectioners' sugar, dash salt, 1 teaspoon slivered lemon peel and 2 tablespoons lemon juice. (You may have to add a dash of water or more lemon juice to make it the right consistency.) Drizzle over the top of the bundt cake while it is still warm.

LILA'S APPLE CAKE

Lila Raihala, contributed by Karen Raihala Burke

2 eggs
2 cups sugar
2 teaspoons vanilla
½ cup oil
4 cups peeled, diced apples
½ cup chopped nuts (walnuts or pecans)
2 cups flour
2 teaspoons baking soda
2 teaspoons cinnamon
1 teaspoon salt

In a large bowl, beat the eggs. Add sugar, vanilla, and oil; mix thoroughly. Then add four cups diced apples and the nuts. Sift flour, baking soda, cinnamon, and salt together. Add to apple mixture and mix thoroughly, but do not over-beat. Bake in a greased and floured 9" x 13" pan at 350 degrees F. for one hour or until done. Frost with cream cheese icing.

KAREN'S SLIGHTLY HEALTHIER APPLE CAKE

Karen Raihala Burke

1 whole egg
1 egg white
1 to 1 ¼ cups sugar
2 teaspoons vanilla
1/3 cup oil
4 cups applescup nuts
1 ½ cup white flour
½ cup whole wheat flour
2 teaspoons baking soda
2 teaspoons cinnamon
½ teaspoon salt

Mix and bake as above.

FRESH APPLE CAKE

Wilma Raihala Aarnio, contributed by Carol Aarnio

When Carl and Wilma Aarnio lived on Davis Bottom Road [in Brownsmead] they had a yellow transparent apple tree that was a heavy producer. I remember helping Wilma put up applesauce for our two families in the fall. The apple recipes I've contributed took full advantage of the harvest. The cakes were heavy and moist and were packed into the loggers' lunches.

4 cups diced apples
2 cups sugar
1/2 cup oil
1 teaspoon vanilla
1/2 to 1 cup chopped nuts
2 well beaten eggs
2 cup flour
1 teaspoon salt
1 teaspoon cinnamon

Mix apples and sugar; add oil, vanilla and nuts. Stir well, then add the eggs. Mix and add flour, salt and cinnamon. Pour into a 9" x 13" pan. Bake at 350 degrees F. for 45 minutes.

APPLESAUCE CAKE

Wilma Raihala Aarnio, contributed by Carol Aarnio

2 1/2 cups flour
2 cups sugar
1/4 teaspoon baking powder
1 1/2 teaspoons soda
1 1/2 teaspoons salt
3/4 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon allspice
1/2 cup soft shortening
1/2 cup water
1 1/2 cup unsweetened applesauce
2 eggs
1/2 cup chopped walnuts

Blend dry ingredients in a bowl. Add shortening, water and applesauce. (Reduce sugar to 1 1/2 cups if you use sweetened applesauce. Turn to the dessert section of this book for the applesauce recipe.) Beat two minutes with a mixer. Add eggs, and beat for two more minutes, scraping the bowl frequently. Stir in walnuts. Pour into greased 9" x 13" pan (or two 9" round pans). Bake at 350 degrees F. The oblong pan takes 45 to 50 minutes and the layers take 35 to 40 minutes.

KATHARINE'S FRESH APPLE CAKE

Katharine Frost Rockhill

4 cups diced apples
2 cups sugar
2 eggs, well-beaten
1/2 cup salad oil

2 teaspoons vanilla
1 cup coarsely chopped nuts
2 cups flour
2 teaspoons cinnamon
2 teaspoons soda
1 teaspoon salt

Put apples, sugar, eggs, salad oil, vanilla, nuts, flour, cinnamon, soda, and salt into a bowl. Stir very well after each addition. Put in a 9" x 13" pan. Bake at 350 degrees F. for 45 minutes.

CHOCOLATE TRUFFLE TORTE

Tara Aarnio Bosch

I adapted this recipe from *The Chocolate Bible*, an excellent chocolate cookbook. It was one of the first really hard tortes that I have ever made and it is wonderful. I even got paid to bake it once!

Cream Filling:

2 1/4 cups cream
5 oz semi-sweet or unsweetened baking chocolate

Cake:

2 oz baking chocolate (like above)
7 tablespoons soft butter (unsalted)
1/2 teaspoon vanilla (or scraped contents of half a vanilla bean)
pinch of salt
5 egg yolks
4 egg whites
1/2 cup sugar
3/4 cup sifted flour

To make Cream Filling: Prepare a day in advance. Bring the cream to a boil, remove from stove and add chocolate. Stir until chocolate is melted, smooth and creamy. Place a hand blender in the mixture and blend (without lifting mixer) until it is even in color. Cover and refrigerate for 24 hours. The next day, just before frosting the torte with the filling, blend the cream filling with a hand mixer until it is stiff and light in color. Then it is ready to use on the torte.

To make Cake: Melt chocolate over a double boiler. Combine melted chocolate (no more than 85 degrees F. in temperature), butter, vanilla and salt, and beat with hand mixer. Beat in the egg yolks one at a time.

In separate bowl, beat the egg whites with the sugar until soft peaks form. Carefully combine the two mixtures and fold in the flour. Grease a few baking sheets and dust with flour. Measure out five 9 1/2-inch circles on the baking sheets. Spread the batter evenly within each circle. The batter will be relatively thin in each circle. Bake for about 8-9 minutes. Remove from oven and immediately use a cake pan to cut layers into even circles. Let cool completely. Spread each layer with cream filling, stack, and spread a light layer of filling over entire torte. Dust with cocoa powder and decorate with chocolate curls.

Tip: Make sure that the torte is completely cool before frosting and store the finished torte in a cool place or the cream filling will begin to melt! Enjoy!

WACKY CAKE

Katharine Frost Rockhill

1 ½ cups flour
1 cup sugar
3 tablespoons cocoa
½ teaspoon salt
1 teaspoon soda

Sift these ingredients together several times, then sift directly into a small pan.

Add into the pan:

1 tablespoon vinegar
5 tablespoons oil
1 teaspoon vanilla
1 cup cold water

Stir until well blended. Bake at 350 degrees F. for 25 minutes or so.

BLACKBERRY PIE FILLING

Chris Dybvik

Mom's [*Shrimp* 's] best recipe was her blackberry pie. I still do the filling the same way. I often sprinkle a handful of raspberries over the blackberries to add a certain tang.

3 cups fresh blackberries
2/3 to 1 cup sugar
2 tablespoons cornstarch
Dash of salt
1 tablespoon butter

Line 9-inch pie plate with pastry crust; fill with berries. Mix sugar, cornstarch, and dash of salt; sprinkle over. Dot with butter; adjust top crust. Bake at 400 degrees F. 40 to 50 minutes.

RHUBARB CREAM PIE FILLING

Aili Raihala, contributed by Rea Christoffersson

1 cup of sugar
3 tablespoons flour
½ teaspoon nutmeg
1 tablespoon butter
2 eggs, beaten
3 cups cut rhubarb

Blend sugar, flour, nutmeg, and butter. Add eggs. Beat mixture until smooth. Spread rhubarb evenly into a 9-inch pie pan, lined with your favorite pie crust. Pour the egg mixture over the rhubarb and adjust the top crust. Bake at 450 degrees F. for 10 minutes, and then reduce the oven temperature to 350 degrees F. and bake for about 30 minutes more.

JUDY'S BANANA CREAM PIE

Judy Aarnio Branthover, contributed by Gordon Branthover

Pastry

1 cup flour
1/2 teaspoon salt
1/3 cup Crisco
1 extra tablespoon Crisco
3 tablespoons cold water, plus more if needed

Pie Filling

2/3 cup sugar
1/4 cup cornstarch
1 extra teaspoon cornstarch
1/2 teaspoon salt
3 cups whole milk
4 egg yolks, slightly beaten
2 tablespoons softened butter
1 tablespoon vanilla
1 extra teaspoon vanilla

Topping

3/4 cup whipping cream, whipped until stiff
2 tablespoons sugar

This makes enough pastry for an 8" or 9" pie crust. Cut shortening into flour and salt until the mixture looks like small peas. Sprinkle with water, a little at a time, and use a large fork to work the water into the dough. (Add another teaspoon of water, if needed.)

Form pastry into a ball and place on a floured surface. Flatten into a round disk. Roll the pastry into a circle, turn it over, and roll some more until it is 2" larger than the pie dish. Always keep the work surface scraped and smooth. Gently pick up the pastry and lift carefully into the pie pan. Roll the edge of the pastry around the pan and flute the edge.

Heat oven to 475 degrees F. Prick the bottom and sides of the pie shell with a fork to prevent bubbling. Bake until golden brown, 8 to 10 minutes. Cool.

Filling: Mix the sugar, cornstarch and salt in a heavy-duty saucepan. Stir milk in gradually. Cook over medium heat, stirring constantly to prevent scorching. Boil for one minute. Stir half of the hot mixture gradually into slightly beaten egg yolks. Pour this back into the saucepan. Boil the mixture for one minute. Remove from heat and stir in vanilla and butter. Press plastic wrap onto top of pie filling in the saucepan; cool to room temperature. Slice two large bananas into bottom of pie shell. Pour filling over bananas. Refrigerate several hours. When it is time to serve, make real whipped cream for the topping.

Sweetened Whipped Cream

3/4 cup whipping cream
2 tablespoons sugar
Beat cream until almost stiff, sprinkle sugar in gradually and beat until fairly stiff. Swirl onto the top of the pie and garnish with banana slices. ENJOY!

PUMPKIN PIE

Cindy Danen Johnson

Pumpkin for filling

To cook fresh pumpkin, heat salted water to boiling. Cut 1 3/4 pumpkin into 1" pieces. You need about 2 1/2 cups pared pumpkin for a 9" pie. Add to boiling water. Cook until tender (about 30 minutes), then drain. Mash pumpkin until no lumps remain. Makes 1 1/4 to 2 cups mashed pumpkin. This is now ready to make into pie. You can also use canned pumpkin which is what I do most of the time these days!

Pastry for 9-inch one-crust pie

2 eggs

2 cups cooked pumpkin

3/4 cup sugar

1/2 teaspoon salt

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon ground cloves

1 2/3 cups evaporated milk

Heat oven to 425 degrees F. Prepare pastry. Beat eggs slightly, then beat in remaining ingredients. Pour into pastry-lined pie plate. Bake for 15 minutes, reduce oven temperature to 350 degrees F. Bake until knife inserted in center comes out clean, about 45 minutes longer. Cool thoroughly before serving.

WILMA'S CHRISTMAS PRUNE TARTS

Wilma Raihala Aarnio, contributed by Gordon Branthover

Kim Branthover Hansen, Wilma's granddaughter, carries on this tradition but substitutes a few tarts with apple or peach for the taste buds of the youngest generation. We "original" cousins stick to prune.

Initial Dough

3 cups flour

1/4 cup tasteless salad oil

3/4 cup ice water, more if needed

Butter Dough

3 1/2 sticks (14 ounces) real butter, chilled

1/2 cup flour

Filling

1 pound prunes, steam until tender -- mash

This recipe yields two batches of dough. When completed, cut each batch in half, roll each half to about 11" x 18". Cut tarts into 3 1/2" squares. Makes 30 tarts per batch.

Initial Dough: Blend oil and water. Add to flour by cutting and pressing to form a mass of dough. Turn out onto a lightly floured work surface. Add more water if needed. Press into a ball, knead once or twice, and set aside.

Butter Dough: Soften butter by beating it with a rolling pin. When it is soft enough, smear it out in bits with the heel of your hand and mix in the 1/2 cup of flour with the heel of your hand and a spatula. Smear it out and gather it up until it is smooth and spreadable, but still cold. Form into a lump and set on the side of your work surface.

First Dough and Butter Layer: Scrape work surface clean and flour lightly. Push, pat and roll half the dough into a rectangle about 16" x 8", its length stretching in front of you. Using your fingers and the scraper or spatula, spread the butter on the forward two-thirds of the dough rectangle, leaving 1/4" unbuttered dough around top and side. Both butter and dough will look rough and uneven. Dough is now to be folded and rolled out four times in all, and each roll and fold is called a "turn ."

Turn number 1: Fold the unbuttered third of the rectangle toward the middle, and fold the buttered top down to cover it, as though folding a business letter. Rotate dough so top flap is to your right.

Turn number 2: The dough will be soft and sticky; if you find it too difficult to handle, wrap in plastic and refrigerate for 30 minutes, then continue. Lift and flour the dough lightly as necessary, using firm even strokes, and roll the dough out into a rectangle, approximately 20 inches long and 10 inches wide. Fold the two ends so their edges meet on top in the middle. Then fold in two, like a book, and rotate so the opening is to your right.

With the balls of your fingers, make two depressions in the top of the dough to help you remember it has had two turns. Wrap in plastic, place in a plastic bag, and refrigerate for 40 minutes or overnight. You now have nine layers of dough and eight of butter.

Turns number 3 and 4: If the dough is cold and hard, beat evenly back and forth and across for a minute or more to soften butter and start the dough moving. Roll into a rectangle about 20 inches by 10 inches, and fold in thirds as in Turn number 1. Rotate so the top flap is to your right; roll and fold again. Mark four depressions in the dough to remind you it has had four turns. Wrap and refrigerate for at least two hours, or several days; or freeze for several months. Defrost later at room temperature or overnight in refrigerator.

Cut each batch of dough in half. Roll each half to about 11" x 18". Cut tarts into 3 1/2" squares. Put a heaping teaspoon of mashed prune in center. Cut each corner of tart dough toward center. Create a star shape by folding half of each corner inward toward the filling. Seal by gently pressing into the prune mixture.

Bake in preheated oven at 375 degrees F. for approximately 20 minutes or until pastry has swelled and is golden.

SHRIMP'S FATTIGMAN

Sylvia "Shrimp" Raihala Dybvik; contributed by Lila Raihala to Rea Christoffersson; remembrance by Russell Dybvik

The approach of Christmas in the Dybvik household was always heralded by days of cooking over the wood-fired kitchen stove. Shrimp would bake sugar cookies, fattigman and lefse.

"Fattigman" literally means "poor man" in Norwegian. In fact, these are not cookies at all, but crullers rolled into an elongated diamond shape, slit in the middle with one end pulled through

the slit, and then deep-fried. They can be stored in an air-tight container, and sprinkled with powdered sugar or not, as you prefer.

According to Astrid Karlsen Scott, author of Authentic Norwegian Cooking, these weren't necessarily cookies for poor men. Rather, as early recipes called for 24 to 30 eggs, making these rich cookies could make one poor!

3 whole eggs
9 egg yolks
1 tablespoon sugar per egg (3/4 cup)
4 tablespoons whipped cream (fold in)
1 teaspoon vanilla
½ teaspoon salt
Flour, about 3 to 4 cups

Beat all eggs well. Add everything but flour. Mix well. Add flour. Roll paper thin. Cut. Turn. Fry in deep fat at 365 degrees F., for about 30 seconds per side, each. Drain.

LILA'S FATTIGMAN

Lila Raihala

Here is Lila's version of "fattigman," the Christmas cruller-style cookies found in many Nordic cultures.

2 whole eggs
5 egg yolks
1 tablespoon melted butter
2 tablespoons half and half
¾ teaspoons vanilla
½ teaspoon lemon flavoring
¼ teaspoon salt
Scant ½ cup sugar
2 cups flour (or more, if eggs are large)

Beat all eggs well. Add everything but flour. Mix well. Add flour. Roll dough paper-thin. Cut. Turn by pulling ends through the slit in the middle. Fry in deep fat at 365 degrees F., about 30 seconds per side. Drain. Sprinkle with powdered sugar. Makes 105-130 cookies.

CINDY'S FATTIGMAN

Cindy Danen Johnson

These freeze very well!

6 egg yolks
1 tablespoon melted butter
1/8 teaspoon salt
1/3 cup heavy cream
1/3 cup sugar
1/2 teaspoon cardamom, ground
2 cups flour

Beat eggs well. Add butter, sugar and cream; beat well. Blend in remaining ingredients. Adjust the flour so that the dough is elastic but not sticky. Roll out onto well-floured board until very thin. Cut into diamond shapes, about 5"x 2". Cut slit in the middle of the diamond lengthwise, poke one of the long ends through the slit and gently pull through to make a bow shape. Deep fry at 375 degrees F. for 2-3 minutes, until just golden brown. Dust with powdered sugar before serving.

SPECIAL K BARS

Marla Loessberg Rockhill

1 cup white Karo syrup
1 cup sugar
1 cup peanut butter
6-7 cups Rice Crispies or Special K cereal
1 cup chocolate chips
1 cup butterscotch chips

Boil syrup and sugar together until first bubble. Add peanut butter and stir to blend. Take the mixture off the heat and stir in the cereal. Spread this mixture into a greased 9" x 13" pan. Melt the chocolate and butterscotch chips together and spread on top the cereal mixture. Allow to cool, then cut into bars or squares.

MARSHMALLOW CRISPY TREATS

Tad Roane

3 tablespoons margarine or butter
6 cups of miniature marshmallows
6 cups toasted rice cereal (such as Rice Krispies)

Melt margarine or butter in large saucepan over low heat. Add marshmallows. Stir until marshmallows are melted and mixture is smooth. Remove from heat.

Immediately add cereal and mix lightly until grains are well-coated. Press the mixture firmly into lightly greased 9"x 13"x 2" pan.

Cool completely and cut into squares.

CHOCOLATE CHIP COOKIES

Marilyn Aarnio

This is not an old family recipe, but it is excellent! These cookies freeze very well.

3/4 cup butter-flavored Crisco
1 3/4 cup flour
1 1/4 cup packed brown sugar
1 teaspoon salt
2 tablespoon milk
3/4 teaspoon baking soda
1 tablespoon vanilla
3/4 cup semi-sweet chocolate chips
1 egg

Heat oven to 375 degrees F. Combine shortening, sugar, milk, and vanilla in a large bowl. Beat at medium speed until well blended. Beat egg into creamed mixture. Combine flour, salt, and baking soda in another bowl. Mix into creamed mixture just until blended. Stir in chocolate chips. Drop rounded teaspoonfuls of dough 3 inches apart onto ungreased cookie sheet. Bake for 8 to 10 minutes. This recipe makes about 3 dozen cookies.

SPRITZ

Cindy Danen Johnson

1 cup butter
3/4 cup sugar
3 egg yolks
2 teaspoon almond extract (or other flavoring that you like)
2 3/4 cups flour
1/4 teaspoon salt
1/2 teaspoon baking powder
1 teaspoon vanilla

Cream butter and sugar. Add eggs, vanilla and almond flavoring; beat until smooth. Add dry ingredients in; mix well. Squeeze through a cookie press. Decorate with colored sugar crystal or nonpareils. Bake 10 to 12 minutes (until just golden) at 375 degrees F. These freeze very well.

THE BEST SUGAR COOKIES

Carol Aarnio

1 cup sugar
1 cup butter
2 eggs
2 tablespoon milk
3 3/4 cups flour
1 teaspoon soda
2 teaspoon cream of tartar
2 teaspoon vanilla

Mix sugar, butter, eggs and milk. Add flour, soda, cream of tartar and vanilla. Chill for several hours or overnight. Roll out dough to 1/8" thickness and cut with cookie cutters. Bake at 350 degrees F. for 10 minutes, or until slightly browned. The dough can be handled several times without becoming tough, but do handle as little as possible for best results. The amount of flour can vary depending on the humidity, so decrease the flour slightly if dough seems to be too dry. Makes about 6 dozen.

BEST COOKIES

Gordon Branthover

1 cup butter
1 cup sugar
1 cup brown sugar, packed
1 egg
3/4 cup salad oil
1 cup rolled oats

1 cup corn flakes, crushed
1/2 cup coconut
1 cup mixed nuts, chopped
1/2 cup raisins
3/4 cup chocolate chips
3 1/2 cups flour
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon vanilla

Pre-heat oven to 375 degrees F. Cream butter and sugars, add egg, and mix well. Add corn flakes, coconut, nuts, oats, and raisins. In a separate container, mix the flour, baking soda and salt. Mix all ingredients together. Form small balls, place on a cookie sheet and flatten with a fork. Bake about 12 minutes at 375 degrees F. This recipe makes about 36 cookies.

FUDGE

Terry Dybvik

6 ounces evaporated milk
1 2/3 cups sugar
1/2 teaspoon salt
3/4 cup walnuts
1 1/2 cups marshmallows (mini preferred)
1 1/2 cups semi-sweet chocolate (chocolate chips used in cookies work great)
1 teaspoon vanilla extract

Simmer milk, sugar and salt for about 5 to 10 minutes (until the sugar has been dissolved). Combine everything else and stir until all marshmallows are melted.

Pour into greased meatloaf pan (I use Saran Wrap to prevent sticking.) Let cool at room temperature. Once cool, place in the fridge.

FOOLPROOF FUDGE

Cindy Danen Johnson

You can use other kinds of chips to make this fudge—peanut butter chips are great!

3 cups (1 1/2 12-ounce bags) semi-sweet chocolate chips
1 14-ounce can sweet condensed milk
Dash of salt
1 cup chopped pecans
1 1/2 tsp. vanilla extract

In heavy saucepan over low heat, melt chips with sweetened condensed milk and salt. Remove from heat; stir in pecans and vanilla. Spread evenly into wax- paper- lined 8" or 9" inch square pan. Chill two hours or until firm. Turn fudge onto cutting board; peel off paper and cut into squares. Store loosely covered at room temperature.

MILLION-DOLLAR FUDGE

Linda Clark Zem

4 ½ cups sugar
1 13-ounce can evaporated milk
½ cup butter
Dash salt
1 12-ounce package semi-sweet chocolate chips
18 ounces of Hersheys milk chocolate bars
1 pint of marshmallow crème
2 cups chopped nuts

Combine sugar, milk, butter, and salt in a saucepan and place over medium heat. Bring to a boil and cook for 8 minutes, stirring constantly. Pour this syrup into a large pot into which the semi-sweet chocolate chips and Hershey's milk chocolate bars have been placed. Mix with a wooden spoon. Add marshmallow crème and stir well to cool, then stir in nuts. You must mix until the mixture cools, then pour it into buttered pans. Put them in the refrigerator to chill, then cut into squares. This makes about 7 pounds of fudge.

PEANUT BUTTER BALLS

Cindy Danen Johnson

¾ cup melted butter
2 cups peanut butter
1 pound box powdered sugar
3 cups Rice Krispies

Mix together and form small balls; refrigerate for two hours. Melt together one 2-inch square of paraffin wax and a bag of chocolate chips; dip balls into it, and set on wax paper until cool.

Desserts

GANGA'S RICE

Mary "Ganga" Raihala, found in Aili Raihala's recipe file in the 1980s

1 cup rice
½ gallon milk [*Aili has written "less" in parentheses*]
½ teaspoon salt

Put all ingredients into a pan with a lid. Start baking in a hot oven (450 degrees F.) and when the mixture starts to boil, take the lid off and bake until the liquid is absorbed.

In Finnish-American homes, rice was more typically served as dessert than as a starch with the main course. To use this recipe as a sweet, sprinkle the hot rice with cinnamon and sugar or pour cooked fruit sauce over it.

BAKED RICE PUDDING

Rea Christoffersson

This makes a rather heavy pudding. Add more milk if you want a softer consistency.

1 cup cooked rice
3 1/2 cups milk
¼ cup melted butter
½ cup sugar
3 beaten eggs
½ teaspoon salt
1 teaspoon cinnamon

Combine the milk, melted butter, sugar, eggs, and salt. Stir in the cooked rice and pour into a well-buttered two-quart baking dish. Sprinkle the cinnamon over the top. Bake at 350 degrees F. for about 1 hour or until the mixture has thickened to pudding consistency. Serve either hot or cold. You may pour milk, cream, or fruit sauce over this pudding, if you wish.

STOVETOP RICE PUDDING

Cindy Danen Johnson

2 cups water
6 cups milk
1 ¼ cups rice
1 ½ teaspoons salt

Add the rice to the boiling milk and water mixture. Simmer until cooked, stirring frequently. Add ground cinnamon and sugar to taste. Top individual servings with fruit soup.

APPLESAUCE

Carol Aarnio

To make unsweetened applesauce, wash, quarter and core 6 to 8 tart apples. Add 1/4 cup water. Cover and cook to a mush, stirring occasionally. Press through a sieve or a food mill.

Sweetened applesauce can be made the same way. Add 1/4 cup sugar for each 4 apples and add cinnamon to taste.

FRUIT SOUP

Cindy Danen Johnson

1 pound dried mixed fruit [prunes and raisins were favorites]
8 cups water
 $\frac{3}{4}$ cup sugar
Cinnamon stick
Dash salt
3 tablespoons potato starch

Rinse fruit in cold water and leave to soak overnight in water containing a little sugar. Boil the fruit in the soaking liquid with the cinnamon, sugar, and a touch of salt. Continue to simmer over low heat until the fruit is fully cooked. Thicken the juice with the potato starch, stirring continuously. Transfer the fruit to a serving dish with a slotted spoon; remove the cinnamon.

LAYERED PUDDING DESSERT

Marla Loessberg Rockhill

Bottom layer

1 cup flour
 $\frac{1}{2}$ cup soft margarine
2 tablespoons sugar
 $\frac{1}{4}$ cup chopped walnuts

Center layer

8 ounces cream cheese
 $\frac{2}{3}$ cup powdered sugar
8 ounces Cool Whip (reserve enough for a topping)

Top layer

3 small packages instant pudding (any flavor)
4 $\frac{1}{2}$ cups milk
Reserved Cool Whip
Chopped nuts for garnish

Mix ingredients for bottom layer and press into a baking pan. Bake at 350 degrees F. for 12 to 15 minutes. Let cool. Beat together cream ingredients for center layer and spread over the bottom layer. Mix the ingredients for the top layer and pour over the center filling, cool and allow to set. Top with reserved Cool Whip and chopped nuts before serving.

WHIPPED JELLO

Cindy Danen Johnson

1 small package strawberry Jello. Add only the hot water called for on the package. Then add 1 package of pureed strawberries (I use the frozen ones) instead of the cold water called for on the Jello package. Refrigerate until almost set. Remove from the refrigerator and beat with a mixer until foamy. Add 1 tub of Cool Whip. Pour into dessert cups or just a bowl, and refrigerate until firm. This recipe serves 6 to 8.

AMBROSIA

Katharine Frost Rockhill

1 can crushed pineapple
1 3-ounce package lemon Jello
1 3-ounce package lime Jello
1 package fluffy tapioca pudding mix
8 ounces Cool Whip

Drain juice from pineapple and use as part of the liquid to prepare the Jello. Let set. Prepare one batch of fluffy tapioca pudding according to the instructions on the package. Let cool. In a large bowl, mix the prepared Jello, pudding, crushed pineapple, and Cool Whip. Beat with a mixer until well mixed. Pour into a serving container and let set until firm.

“BOOM BOOM” APPLES AND BRANDY WITH ICE CREAM

Gordon Branthover

The first time I added brandy to this recipe, I shut the oven door completely. When I opened it, there was an explosion. From that time on, this recipe has been referred to as “Boom Boom Apples.”

3 Granny Smith apples, peeled and sliced
3 tablespoons butter
2 tablespoons brown sugar
1 1/2 ounces Grand Marnier liqueur or brandy
Vanilla ice cream

Turn on oven broiler. Peel, core and slice apples into rounds one-quarter inch thick. Heat the butter in a skillet over medium heat. Cook apples until tender. Dissolve brown sugar in the liqueur or brandy with one tablespoon of the melted butter from the skillet. Pour this mixture over the apples. Place the apples under broiler, second rack position down, with the oven door slightly open and broil until a glaze is formed. Place two or three slices of apple on each serving plate, and add two scoops of ice cream. Drizzle syrup mixture from the skillet over the ice cream and serve.

Fish and Seafood

FISH HEAD MULLIGAN (MOJAKKA)

Aili Raihala, remembered by Thea Dybvik, contributed by Rea Christoffersson

In *The Finnish Cookbook*, Beatrice Ojakangas writes, “One group of American Finns calls both the meat stews and fish stews by the name of *mojakka*. It is a mystery to me where the name originated, for nobody in Finland knew what I meant by the word *mojakka*.” This is a recipe we often ate during the ‘50s, especially out on the float-house where salmon and steelhead were fresh and prevalent.

4 potatoes
1 medium-sized onion
1 head from a salmon or steelhead
Other meat from the salmon or steelhead
10 whole allspice
2 broken bay leaves
Salt to taste
Small can of evaporated milk

Peel potatoes, cut in chunks, peel and slice onions, and put in a large pot. Cover with water and bring to a boil. Add the spices. Add the fish parts. Boil gently until the fish and potatoes are done. Add approximately ½ cup canned milk. Thicken if desired with two tablespoons flour/water mixture.

LAXLÅDA

Rea Christoffersson

Many of you probably remember this dish. During the editing of this book, Thea Dybvik wrote, “This is a scalloped potato dish with thin slices of lightly-soaked salt salmon, onions, and peppercorns. It is slow cooked in a low oven. It’s very good and I’m sure you’ll get recipes from others for this.” This is a version I’ve adapted from a similar Swedish recipe that originally called for herring instead of salmon.

8 ounces of salted salmon, soaked
6 medium raw potatoes, peeled and thinly sliced
2 onions, sliced or chopped
White pepper to taste
Whole or ground allspice to taste
1 bay leaf
1 ½ cups half and half
4 tablespoons butter
Bread crumbs

Butter an ovenproof baking dish. Layer the potatoes, onion, sliced salmon, and spices, finishing with a layer of potatoes. Dot with butter and pour over ¾ cup of the half and half. Dot with remaining butter. Bake at 400 degrees F. for 15 minutes, then pour in remaining half and half. Turn oven down to 350 degrees F. and bake for another 45-60 minutes, until the top is lightly browned, and the potatoes pierce easily with a paring knife.

GEDNEY HARBOR BAKED HALIBUT

Thea Dybvik

This recipe also works using ling cod. My thanks to Geri Haugen and the trolling lifestyle. The secret of any good fish meal, of course, is freshness and good care in killing, cleaning and icing the fish. And hunger.

Take a *fresh* chunk of fish (small roast-sized), and dip it in milk. Roll the fish in crushed saltine crackers and place in a buttered baking dish. Sprinkle generously with chopped onion. Top the fish with a mixture of mayonnaise and sour cream. Sprinkle with lots of paprika. Bake at 350 degrees F. for 30 to 45 minutes, depending on the size of the fish. Don't overcook--when it is done, the top will be golden and bubbly and the fish will flake.

BAKED LUTEFISK

Cindy Danen Johnson

This Christmas Eve (2001) we are going to fill my little house with about 16 members of the family. So I will be cooking my heart out. I am truly looking forward to it. Our family Christmas Eves are always lots of fun. My brother even talked me into making lutefisk, like when we were kids. Those of you who know what this is (and my feelings about it) are probably amazed. The rest of you don't WANT to know what it is. It's one of those crazy Nordic foods that will never touch my fork intentionally again!

Lutefisk in Norwegian, lutfisk in Swedish, or lipeäkala in Finnish, is lye-cured cod that was an important part of Nordic Christmas Eve festivities until recently. It has a strong smell when cooking and many younger Nordic-Americans would like to see this particular tradition die!

5 to 6 pounds lutefisk
1 1/2 tablespoons salt

Set the pieces of fish on aluminum foil or roasting film and sprinkle with salt. Wrap up tightly. Place in a ceramic baking dish or enamel pan. NOTE: Do not cook the lutefisk in an aluminum pan; any residual lye (in which the fish is processed) will corrode the aluminum. Bake in the oven at 400 degrees F. for 40 - 50 minutes depending on the amount of fish. Discard the liquid formed in the packet.

SUOMEN SUALA VETTÄ (FINNISH BUTTER SAUCE)

Diana Clark Hammond and Rea Christoffersson

This is a simple Finnish butter sauce, good for serving on fish or boiled potatoes. The literal translation is "Finnish salt water."

½ cube butter
Salt to taste
¾ cup boiling water
2-3 chopped green onions, or an equal amount of chopped chives

Put the butter, salt and onions or chives into a small serving bowl. Pour the boiling water into the bowl (Diana uses water from the potato pot.) Stir gently until the butter melts and the ingredients are blended.

RAZOR CLAMS

Thea Dybvik

Russ Dybvik and Digger Autio were the clam-masters. They dug big razor clams. Mom would clean them, cover them with flour, and fry on a hot griddle in Crisco. Oh--heaven! No sauces touched fried clams--only salt and lemon juice. Mmmmm.

RAZOR CLAMS

Russell Dybvik

While attending Oregon State, Russ and Rod Raihala decided one night that it would be a good idea to drive to Newport the next morning and dig razor clams because there was a perfect minus tide. The clams were plentiful and the successful diggers brought their clams back to the home of a girl Russ knew, cleaned the clams and then stopped cold. Neither knew how to cook them!

A quick telephone call -- long distance in the 1950s was expensive -- to Shrimp, provided the knowledge of how to flour and fry the clams. It was one of the most memorable weekend meals ever in the Corvallis area.

RAZOR CLAMS

Gordon Branthover

Preheat oven to 425 degrees F.

Lightly coat a cookie sheet with olive oil. The two-ply, insulated cookie sheets work best, as they cook the clams without scorching.

Pound two "sleeves" of Ritz crackers into crumbs. Dip cleaned clams into all-purpose flour, then into an egg wash mixture made of lightly beaten eggs mixed with a little cold water, and finally into the Ritz crumb mixture.

Place clams on the cookie sheet and spray them lightly with olive oil.

Place the cookie sheet in the preheated oven and bake for 5 minutes. Turn the clams over, sprinkle with salt and pepper and bake for an additional 5 minutes, or until golden brown.

PASTA WITH WHITE CLAM SAUCE

Cindy Danen Johnson

2 cans minced clams
3 tablespoons olive oil
2 tablespoons finely chopped green pepper
1 medium onion, chopped
2 tablespoons flour
¼ cup parsley
½ teaspoon basil
1 cup clam nectar

3 cloves garlic, finely chopped
¼ cup white wine
1 cup whipping cream
Salt and pepper to taste
Dash Tabasco and Worcestershire sauce
½ tablespoon fresh lemon juice
1 pound cooked spaghetti

Heat a frying pan. Add the oil. Sauté onion and green pepper until clear, stir in flour, basil and parsley, and remove to a bowl.

Add the clam juice, garlic and reduce the liquid by half. Add wine and whipping cream and simmer. Stir in the veggies with a whisk and stir until the mixture thickens. Add remaining ingredients, including the lemon juice. Stir in the clams, heat through, then pour over freshly cooked pasta.

CRAB PURSES

Eric and Stacy Hammond

1 pound crabmeat
1 8-ounce package cream cheese
½ cup chopped watercress
¼ cup chopped green onion
1 package wonton wraps (small)
4 cups cooking oil

Combine the first four ingredients in a bowl and mix well to make the filling. Heat the oil. Take one wonton wrap, lay flat, and place one tablespoon of the filling in the middle of the wrap. Dab water on the four corners of the wrap. Bring opposing corners of the wrap together and twist. Drop the assembled purses into hot oil and cook until light brown.

INDONESIAN SHRIMP CURRY

Chris Dybvik

5 shallots
2 cloves garlic
2 tablespoons vegetable oil
1 pound shrimp (raw, peeled, and de-veined)
Large slice lemon peel (or 2 teaspoons vinegar or tamarind water)
1 tablespoon sambal oelek (Indonesian red pepper sauce)
2 teaspoons laos (galangal powder, similar to ginger)
1 large pinch trassi (fermented shrimp paste)
1 tablespoon brown sugar
1 ½ cup coconut milk
1 bay leaf
2 hardboiled eggs

Chop shallots and sauté in vegetable oil. Chop garlic and add to shallots. Add shrimp and all the remaining ingredients, except the eggs. Let simmer until the oil and red sambal oelek comes to the surface. Slice hardboiled eggs in half lengthwise and add to the mixture. Simmer just long enough to heat the eggs through and serve with the eggs on top.

THAI SHRIMP AND SESAME NOODLES

Jennifer Turner

1 pound raw medium shrimp, peeled and de-veined
1 ounce of your favorite Italian dressing
2 tablespoons chunky peanut butter
1 tablespoon soy sauce
1 tablespoon honey
1 teaspoon peeled, grated gingerroot
½ teaspoon crushed red pepper flakes
8 ounces angel hair pasta
2 tablespoons salad oil
1 tablespoon sesame oil
1 medium carrot, peeled and shredded
1 cup of chopped green onions
¼ cup chopped cilantro for garnish

In a medium bowl, mix the shrimp with ½ cup Italian dressing. Cover and refrigerate one hour. In a small bowl, whisk together the peanut butter, soy sauce, honey, gingerroot, pepper flakes, and remaining dressing.

When the shrimp has marinated, drain and discard the dressing. Cook the pasta as directed until firm but tender. While the pasta is cooking, heat the salad oil and sesame oil in a saucepan over high heat until very hot. Add the carrot and cook 1 minute. Add the drained shrimp and green onions. Stir-fry constantly about 3 minutes, or until shrimp are completely opaque. Drain the pasta and place in a large bowl. Add the peanut sauce and shrimp mixture. Toss to combine. Garnish with cilantro, if desired.

This is good with fresh bread and fruit!

CUCUMBER AND SHRIMP-STUFFED POTATO

Erin Hammond (6 years old)

3 medium potatoes
½ cup cubed cucumber
¾ cup salad shrimp
½ cup sour cream
Salt and pepper to taste

Wash and butter the potatoes. Bake in the oven at 350 degrees F. for 45 minutes or until done. Place the cucumber, shrimp, and sour cream in a bowl and mix well. Slice open the potatoes and spoon the stuffing mixture on top.

HOW TO TRAP AND KEEP CRAWFISH

Compiled by Rea Christoffersson

This is a series of tips on how to trap and keep crawfish until you accumulate enough for a “feed” and are ready to cook them. These were compiled from conversations with Bill Aarnio, Snooky Barendse, and Rich Olsen, all of whom have solid histories as successful crawfish trappers.

Crawfish season in Oregon typically runs from June to mid-October, with August being the peak month.

Non-commercial trappers generally do not need a license to catch crawfish for personal use.

Use homemade or store-bought crawfish traps. They are typically cylindrical in shape, about 2 feet long and 12 inches in diameter, with a funnel entrance at one or both ends.

Large-mesh traps yield larger (but fewer) crawfish as the small ones are allowed to escape.

Bait the trap with pieces of fish (shad and carp work well), salmon heads, chicken pieces, or cat food. To use canned cat food, poke holes in the can and put one can in each trap.

If you have several traps, link them together with a line. Do not use buoys or markers on your trap line as that invites thieves to steal your traps--and your crawfish.

Place the traps on the bottom of a clean, free-flowing, freshwater creek or river.

After waiting a few days, use a grappling hook to pull up the line between traps, then follow the line to the next trap in the series. You’ll need at least 15 traps for large crawfish feeds.

Keep crawfish in a live box after they are removed from the traps. This is an open-topped cage placed in a shallow spot so it is mostly under water. A typical live box may measure 2’x 6’x 18” deep.

The crawfish will purge their systems in the live box and will not eat. They can be kept there for several days so enough can be accumulated for a feed. Discard any dead crawfish before cooking.

Plan on serving 2-4 dozen crawfish per person, depending upon the size of the crawfish and the size of the appetites.

Cook according to one of the many good traditional recipes given in this book.

BILL’S AND CAROL’S CRAWFISH

Bill and Carol Aarnio

300 live crawfish

5 gallons water

1 ½ cups rock salt

1 ¼ cups pickling spices (may remove some of the red peppers if desired)

3 large heads of dill

To clean the crawfish, twist the center section of tail and pull out the intestines. Bring water and spices to a boil in a copper boiler if you have one. Add crawfish and dill, making sure all are under water. Remove from heat when water begins to boil again (when bubbles roll up from the bottom) – after about 15 minutes. Let stand overnight in a cool area. Serve with lots of beer.

SNOOKY BARENDSE’S CRAWFISH

Clarence (Snooky) Barendse, as given to Rea Christoffersson

Snooky is one of the many Raihala “shirt-tail” relations, the cousin-in-law of Ray Raihala and Rea Christoffersson. This is his recipe for cooking crawfish.

30 dozen (360) crawfish (you’ll need about 2-4 dozen per person)

Enough water to cover the crawfish

5 heads of dill (the large pickling dill)

1 head of garlic

2 oranges

4 carrots

3 onions (or more if you wish)

1 box of mixed pickling spices (take out excess red peppers)

2-3 red peppers (dried, from the spice mixture)

3 ¾ cups salt (about ¾ of a 1 pound coffee can)

4 stalks of celery

Bring the water to a boil. Put in all the ingredients except the crawfish and allow the mixture to cook for a short time to blend the flavors. De-vein the crawfish by pulling out the middle fin of the tail. Dump the crawfish into the boiling spice mixture, bring back to a boil, and cook for seven minutes. Remove from the heat.

OLSEN’S “TOP SECRET” CRAWFISH RECIPE: STOVETOP VERSION

Rich Olsen, as given to Rea Christoffersson

Rich Olsen grew up in Portland, but spent a lot of vacation time with his family at Blind Slough, where his grandfather, John Olsen, was the bridge tender for the Blind Slough railway bridge for many years. Rich’s family came from Latvia, and while he is not a Raihala *per se*, his grandmother, Ida, often entertained Raihala family members at huge Blind Slough crawfish feeds. She was also deemed to be one of the best crawfish cooks around. Here is Rich’s stovetop version of Ida’s recipe. It is intended for smaller dinners, when you don’t have 300 crawfish and a dozen people to entertain. This, and the other Olsen family recipes, originally appeared in the Olsen family cookbook, *The Family Eats* (copyright 1981 by Phyllis Leonard).

One gallon water

½ cup salt

4-5 cloves of garlic

Celery and carrot

Fresh dill

1 cup wine (sherry, rosé, or whatever the cook happens to be drinking!)

½ teaspoon of each of the following: cloves, nutmeg, allspice, curry, and cayenne

Very small handful of pickling spice

Bring all of the above to a boil. Remove the entrails of live crawfish by twisting the central fan of the tail and pulling it out. Drop the crawfish into the boiling water and when the water returns

to a boil after adding all the crawfish, continue boiling for 3 or 4 minutes...or until the crawfish turn bright red. Cool quickly by placing the pan in a sink full of cold water. This helps separate the meat from the shell. When cool, eat, drink, and enjoy.

IDA OLSEN'S BLIND SLOUGH "BOILER-SIZED" CRAWFISH FEED

Ida Olsen, given to Rea Christoffersson by Ida's grandson, Rich Olsen

This quantity is cooked in a 10-gallon boiler over an open fire and cooled in the cold water of the nearby slough. The quantity cooks 25 dozen crawfish and serves 12-14 big eaters. These treats are served in large pans on newspaper-covered dinner tables with guests using nutcrackers.

Fill boiler about $\frac{3}{4}$ full of water. Add:

A one-pound coffee can full of rock salt

1 handful of mixed pickling spice

2 heads garlic

3 carrots

3 stalks of celery

A bunch of fresh dill

A few sprigs of parsley

1 cup sugar

Some wine

$\frac{1}{2}$ cup vinegar

1 teaspoon curry powder

$\frac{1}{2}$ teaspoon each of allspice, cloves, and cayenne

Bring it all to a full boil. De-vein crawfish. Keep the fire hot--the quicker the crawfish cook, the better. They are done when the tails start to separate from the body--about 5 minutes. Take the container off the fire and set in cold running water to cool.

RICH OLSEN'S COCKTAIL SAUCE

Rich Olsen, as given to Rea Christoffersson

1 minced onion

2 tablespoons vinegar

A couple of glugs of Worcestershire sauce

Minced celery and parsley

1 jug chili sauce

2-3 tablespoons mayonnaise, if desired

Mix all ingredients together.

IDA OLSEN'S COCKTAIL SAUCE

Ida Olsen, given to Rea Christoffersson by Ida's grandson, Rich Olsen

Mix together:

1 minced onion

Enough wine vinegar to cover the onion

1 tablespoon horseradish

1 $\frac{1}{2}$ bottles catsup (then rinse out the empty bottle and add the water)

2 tablespoons Worcester sauce

$\frac{1}{2}$ bottle chili sauce

Meat, Poultry, and Game

JOE'S SAUTEED VENISON STEAK

Joe Hammond

This is a simple and delicious way to cook your wild meat.

Heat pan on medium-high heat. Add olive oil and minced garlic to your liking. Sauté for a couple of minutes, then add steak (preferably back strap). Heat the venison until it is browned well on each side. Add cooking wine and let it simmer in the pan until almost all the liquid is gone. The meat should only be cooked to a medium rare for the best taste and tenderness. The cooking time and measurements are your preference.

RUSS' SWISS STEAK

Russell Dybvik

1 ½ - 2 pounds top round steak (trim off fat and cut into 2 inch by 3 inch pieces)
2 stalks celery, thinly sliced
¾ medium green pepper, diced
1 cup thinly sliced baby carrots
½ medium onion, diced
1 can (10.75 ounces) cream of mushroom soup (do not add water)
1 can (14.5 ounces) stewed Italian-style tomatoes, sliced up but not drained
1 can (4 ounces) button mushrooms, undrained
1 cup beer
6 tablespoons margarine
½ cup flour
¼ teaspoon ground black pepper
½ teaspoon salt
Pinch of oregano
Pinch of thyme
Pinch of Italian seasoning

Prepare vegetables and meat in advance to smooth the actual cooking process.

Heat two tablespoons margarine in a large pot and sauté the onions and celery until transparent. Add the stewed tomatoes, cream of mushroom soup, beer and the remainder of the vegetables (pepper, carrots and button mushrooms) and bring to a healthy simmer.

Mix the flour, black pepper and salt thoroughly in a soup dish and flour the steak pieces. In a skillet, melt the remaining butter and brown the floured steak, making sure all edges are sealed. Add the dredged steak to the simmering pot of vegetables. Increase the heat until the mixture begins to bubble. Stir occasionally. Add the oregano, thyme and Italian seasoning. Add up to ½ cup of water if the sauce appears too thick. Reduce heat to low and let it all simmer for at least an hour. Taste for seasoning after 30 minutes and add salt and/or black pepper to taste.

Serve with mashed or boiled potatoes and tiny garden peas garnished with diced onion. Serves four with healthy appetites, otherwise five or six.

Make sure there is plenty of sauce because that's what makes this taste so good. It can be stored in the refrigerator overnight or even for a couple of nights. Like any kind of stew, it tastes better the second day. Reheat slowly to avoid burning the Swiss steak to the bottom of the pot. ENJOY!!

TACO SALAD

Marla Loessberg Rockhill

This is a potluck favorite!

Salad

1 pound hamburger
1 medium head of lettuce, chopped
8 ounces grated cheese
1 small can of kidney beans
1 onion
2 or 3 tomatoes
Taco seasoning to taste (reserve 1 tablespoon)
1 package tortilla chips

Dressing

8 ounces thousand island dressing
¼ cup sugar
1 tablespoon taco seasoning (reserved from above)
¼ to ½ cup taco sauce

Brown hamburger and stir in seasoning, reserving 1 tablespoon of taco seasoning. Add remaining salad ingredients and mix together. Stir dressing ingredients together and pour over salad. Add chips just before serving, as they get soggy.

SOUTH-OF-THE-BORDER CASSEROLE

Marla Loessberg Rockhill

2 pounds lean hamburger
½ cup chopped onions
1 15-ounce can of tomato sauce
½ teaspoon crushed chili peppers
1 4-ounce can chopped chilies
Pam (spray cooking oil)
1 can sliced, pitted black olives
6 flour tortillas
12 ounces shredded cheddar cheese

Brown meat and onion. Cook until tender. Drain. Stir in tomato sauce, peppers and chilies. Spray Pam into 9" x 13" ovenproof pan, then start to layer the ingredients. First cover the bottom with three tortillas. Then add half the burger mixture, half the cheese, and half the black olives. Repeat the layers, starting with three more tortillas, the remaining burger mixture, cheese, and olives. Bake 20 to 30 minutes in a 325 degree F. oven.

CHILI

Terry Dybvik

1 large red onion, diced
1 large yellow onion, diced
5 cloves garlic, diced
3-4 diced chipotles
1 tablespoon chili paste
Canola oil
3 tablespoons cider vinegar
1 ½ pound hamburger meat
1 ½ pound flank steak
1 package of Bob Evans spicy hot breakfast sausage
5 cans red kidney beans (14.5 ounces), drained (but save the liquid)
4 cans Del Monte fresh cut diced tomatoes (preferably "no sugar" 14.5 ounce cans)
Newcastle Brown ale (40 ounces)
Additional ingredients: chili powder, ground cumin, black pepper, salt, paprika, Grey Poupon mustard, flour.

First take the flank steak and cut it up into cubes. Mix up three tablespoons of canola oil, 1 tablespoon of cider vinegar, 1 tablespoon of Grey Poupon, 1 tablespoon of chili powder, 1 teaspoon of cumin, 1 teaspoon of black pepper, 1/2 teaspoon of salt, 1/2 teaspoon of paprika. Marinate the steak in this mixture for at least one hour.

Take the hamburger meat and combine it with the sausage. Add 1 tablespoon of chili powder, 1 teaspoon of cumin, 1 teaspoon of black pepper, 1/2 teaspoon of salt, 1/2 teaspoon of paprika. Combine into the meat.

Once the steak has been marinated, cook the hamburger and sausage. In a large frying pan place some oil and heat it up. Before browning the steak, take some flour in a dish, cover every piece of steak with flour, place in the pan and brown. Once all the meat has been browned, set it aside and cover.

In a deep cooking pot, sauté the onions seasoned with 1/2 tablespoon of chili powder and 1 teaspoon of cumin. Once onions are translucent, add the garlic and cook for one minute. Add the chipotles, cook for one more minute. Add the chili paste and 2 tablespoons of cider vinegar, then cook another minute. Add previously browned steak and ground beef combination. Stir and cook for one minute. Add the beans with 2/3 of the liquid, all the tomatoes and their liquid, and the ale.

Reduce the heat and allow to cook with the top partially covering the pot. Stir every 8-10 minutes. Cook for at least one hour. If the chili is still a little liquid add some more of the kidney bean liquid to thicken up. If you like it a lot spicier, you can add some red pepper flakes.

The longer you cook it the better it gets. Just be careful of it burning on the bottom.
Enjoy!

GORDY'S BIG MOGUL CHILI

Gordon Branthover (a.k.a. Gordy the Powder Hound)

2 tablespoons olive oil
1 large onion, chopped
1 ¼ pounds round or sirloin steak, cut into small piece
1 whole chicken breast, cut into small piece
1 pound boneless pork chops, cut into small piece
1 14-ounce can beef broth
6 cloves garlic, finely chopped
1 8-ounce can chipotle peppers in adobo sauce, chopped, with seeds removed
1 4-ounce can green chilies, diced
1 teaspoon salt
12 ounces beer
Juice of 1 lime
4 tablespoons brown sugar
1 28-ounce can tomato sauce
2 28-ounce cans crushed tomatoes
1 15-ounce can black beans
1 15-ounce can pinto beans
1 15-ounce can kidney beans
Chili seasoning to taste

Heat two tablespoons cooking oil in a skillet. Brown meat in batches over medium heat, adding salt and pepper. In a large stockpot, simmer onion and garlic for five minutes. Add meat and beef broth. Bring to a boil, then reduce heat to slow boil and cook for 40 minutes. Reduce heat to simmer and add 1/2 can of chopped chipotle chilies (remove seeds but include the sauce), and 1 teaspoon salt to the meat mixture. Add the remaining chipotle chilies, diced green chilies, and beer. Add the tomato sauce and crushed tomatoes. Add the brown sugar and the juice of one lime. Simmer 1 hour, stirring occasionally. (Take a break and drink a cold beer.)

Add additional chili seasoning, if needed. Add the beans and simmer 15 minutes. Serve with grated cheese, a dollop of sour cream, and chopped fresh onions, if desired.

RANDY'S WRAPS

Randy and Anne Clark

Use your favorite tortillas--we use red (tomato basil) and green (pesto) flavored ones. For a basic wrap, fill the tortillas with beans, rice, meat, cheese, and vegetables.

For a Sunday brunch wrap, fill the tortillas with scrambled eggs, refried beans, sour cream, guacamole, and cheddar cheese.

For a chicken wrap, fill the tortilla with chopped leftover barbecued chicken, black beans, rice, salsa, and guacamole.

ZACHARY'S FAVORITE BREAKFAST BURRITOS

Cindy Danen Johnson

Our son, Zachary, could live off of these!

Flour tortillas (large)

Shredded cheese of choice

4-6 scrambled eggs (add meat of choice if desired)

Sour cream

Onions

Pace Picante Sauce

Heat up tortillas in the microwave just to soften. Sprinkle with cheese. Spoon scrambled eggs onto tortilla. Dot with sour cream, onions, & salsa. Wrap up tortilla and eat!

FISH CAMP BURRITOS

Thea Dybvik

In 1983 the canneries were paying trawlers 65 cents a pound for coho. We figured that canned as home food, those fish would be more valuable than as a cash source, so we found ourselves a fish camp. Cape Fanshaw was then a ghost town with some standing houses one could use for shelter. The McHaley family, Captain Tom and Heidi Lee, camped in the best of the buildings, and Jim and I slept on our 31-foot hand-trawler, the Windigo.

The Windigo provided the fish each day and all of us butchered, brined and canned it. This was not an easy task, considering that we had to bring fresh water by hand from a nearby creek, do our canning on a small propane stove, and watch out for bears. It blew and rained a lot and one of the skiffs broke loose and swamped. Many hours were required to put things right. One memorable meal survives from that time--Fish Camp Burritos.

Brown hamburger with onions, peppers and cilantro. Add whole canned tomatoes (squeezing each into pulp with your bare hands--don't ask why, but that's the secret of this recipe). Add whatever spices you want. *[Cumin and oregano are typical Mexican spices that go into burritos.]* Add canned or cooked beans. I like the dark red kidney beans, but any kind will do. Reduce heat and simmer to reduce the tomato liquid. When the mixture holds its shape without being too juicy, it's done.

Warm large flour tortillas in a salted frying pan. Spoon a small dike of the bean mixture onto each tortilla. Add sour cream, grated sharp cheese, chopped green olives with pimentos, avocado, and crisp sprouts. Add hot sauce if you have room. Roll and fold the tortilla and eat--no plate or utensils needed. Talk about good eating!

The canned fish provided us with a year of good eating and three months of dog food--a good value, indeed.

CALIFORNIA RICE SKILLET

Abigail Hammond

Abby says, "My boys are good eaters!" Here's one of their family favorites.

1 pound ground beef
1 large onion
2 ½ cups water
1 cup uncooked rice
6 beef bouillon cubes, dissolved in water
1 teaspoon dry mustard
2 small green peppers, chopped
2 small tomatoes, chopped
2 cups grated Jack cheese

Brown hamburger and onions in a pan that can go from stovetop to oven. Season with salt. Drain grease. Add water, rice, bouillon, and mustard to burger mixture. Simmer for 25 minutes or until liquid is almost absorbed. Stir in the vegetables. Sprinkle with grated cheese and place in a 350 degree F. oven for 10-15 minutes, until the cheese is melted.

GOOD OLD BEEF STEW

Rodney Raihala

I keep experimenting with good old beef stew. Currently it goes something like this:

At four hours before dinner I throw 1½ pounds of stew beef, three thick slices of a large onion, and 1 or 2 sliced garlic cloves (and sometimes a handful of sliced mushrooms) into a heavy pot. For stew beef I watch for a large, tough, cheap roast at the market, dice it up and make up pound-and-a-half packages that I keep in the freezer.

Add about a ¼ cup of soy sauce (and sometimes some red wine or cooking sherry) and enough water to barely cover the meat. Add ¾ teaspoon salt, ¼ teaspoon pepper, a dash or two each of ground bay leaf, thyme, chili pepper, and whatever other spice might sound good on this particular night. Bring to a boil and then reduce to a simmer.

At dinner minus one hour, add carrots and about a ½ a diced potato to thicken the results. The carrots I like to quarter length-wise and cut to about an inch in length rather than slice across. The amount of carrots I use depends on who will be at dinner; the kids prefer few, my wife prefers many. Again, make sure the broth barely covers the ingredients. Bring back to a simmer.

At about dinner minus 30 minutes, add two or so diced potatoes. Bring back up to a boil and reduce to a simmer. At dinner minus 10 minutes, add a can of diced tomatoes and whatever other vegetables hit your fancy (I like peas and sometimes corn that only have to be brought up to eating temperature). Taste the broth and adjust the flavor then bring back to a simmer for the final time.

Now after looking at the preceding recipe (or construction instructions as the case may be) you may see why I say that my cooking school (or lack there of) was not Cordon Bleu but was "cordoned off" for the safety of the public.

OLD-FASHIONED BEEF STEW

Frank (Bub or Frosty) Frost

I don't have in my possession any written recipes that my Mother (Ellen) used. Mostly they were amalgamations of Finnish and Great Depression "work with what you got" dishes. For the most part, we ate simply, but well.

The word "gourmet" was not part of the vocabulary, but whether you call this dish lihakeitto, ragout, goulash, or even slumgullion, a homely beef stew is still a great favorite. What follows is the stew my mother used to make as it has evolved through trial and error, experimentation and advice.

First, two caveats: 1. Always make the stew the day before serving. You will find the flavors will blend overnight into a vastly superior dish when reheated. 2. Do not ignore the addition of a turnip and a rutabaga, no matter how much you may think you dislike these roots. Push them to the side of your plate, if you must, but their addition to the mix does great things for the overall flavor. Trust me on this.

2 pounds lean beef (round or chuck), cut into 1" cubes
2 tablespoons olive oil
2 cups boiling water, bouillon, or beef broth
1 onion, sliced
1 clove garlic, minced
1 teaspoon Worcestershire sauce
1 or 2 bay leaves
1 tablespoon salt
1 teaspoon sugar
½ teaspoon pepper
½ teaspoon paprika
A couple of dashes of ground allspice
6 carrots, cut into chunks
1 pound small white boiling onions, peeled
1 small rutabaga, peeled and quartered
1 small turnip, peeled and quartered
6 small red potatoes

Put the meat in a brown paper bag with two or three tablespoons of flour and shake to coat; brown on all sides in hot oil. (I use a large Dutch oven.) When nicely browned, add the next 10 ingredients. Cover and simmer for 1½ hours or so until the meat is tender. Remove the bay leaves. Add a bit more boiling water if it appears dry, and add the veggies. Simmer for another half-hour, or until the vegetables are done. You can then remove the meat and vegetables and thicken the sauce with a bit of flour, if you desire (I usually don't). Cool, refrigerate, then reheat the next day and enjoy.

AMERICAN PIZZA

Lila Raihala, contributed by Karen Raihala Burke

1 package yeast
½ cup warm water
1 egg
2 cups flour
¼ cup tomato sauce
3 tablespoons melted shortening
1 tablespoon sugar
1 teaspoon salt
½ teaspoon chili powder
Mix these ingredients as if you were making bread. Prepare the topping while the dough rises.

1 pound hamburger
¼ cup chopped onion
¾ cup tomato sauce
½ teaspoon chili powder
1 teaspoon salt
Pepper to taste
2 cups grated cheese

Sauté the hamburger and onion until partially cooked, not brown. Add the remaining tomato sauce and seasonings. Pat or roll the dough on a greased 11" x 15" baking sheet to within ½ inch of the edge. Spread with the hamburger topping and sprinkle with the grated cheese. Bake at 425 degrees F. for 15-18 minutes.

DAGO RED

Russell and Chris Dybvik

The name of this dish may be politically incorrect, but the taste promises to be absolutely correct!

One of my favorites from Mom [*Shrimp*] when I am not in a cooking mood and time is limited is "Dago Red." I have changed it a little by adding a good amount of chopped onion and celery and a dash of Worcestershire sauce. My kids loved it in college and are still making it.

1 pound ground round
1 medium onion, diced
2 stalks celery, diced
1 can tomato soup (10.75-ounces), undiluted
2 dashes Worcestershire sauce
1 8-ounce box elbow macaroni
Freshly-grated parmesan cheese

Sauté the onion and celery in a little olive oil until transparent. Remove and brown the ground beef thoroughly in the same pot. Add the sautéed onion, celery and tomato soup and bring the mixture to a healthy simmer. Add the Worcestershire sauce and salt and pepper to taste. In the meantime, cook the elbow macaroni in a separate pot in lightly salted water. When the macaroni is al dente, drain it well and then add it to the meat mixture, stirring gently until it is mixed thoroughly and the entire mix is hot. Serve with fresh grated Parmesan cheese and a green salad.

This Dago Red recipe serves two people with healthy appetites. To double the recipe, use:

1½ pound ground round
1 large onion, diced
3 stalks celery, diced
1 can tomato soup
3 dashes Worcestershire sauce
1 16-ounce box elbow macaroni
Fresh grated parmesan cheese

You can adjust the meat and elbow macaroni, depending on whether you plan to serve two, three, or four people. But no matter how many people you plan to serve, use only one can of tomato soup.

SAUTEED VEAL KIDNEYS

Ikke Raihala Clark, contributed by Diana Hammond

2 veal kidneys
3 tablespoons butter
¼ cup mushrooms, sliced
2 green onions, sliced
½ cup chicken broth
2 tablespoons Madeira
¼ teaspoon salt

Cut kidneys into 1-inch chunks, removing membrane and hard white parts. Soak in salted water. Cook mushrooms and green onions in butter in a 10" skillet over medium heat for about five minutes, or until tender. Remove with slotted spoon and set aside.

Drain the kidneys and cook them in the skillet until lightly browned, about three minutes, stirring occasionally. Add the mushroom mixture, broth, Madeira, and salt. Heat to boiling. Reduce heat and simmer 30 minutes or until the kidneys are fork tender.

GRAVY

Thea Dybvik

Gravy could be a chapter by itself. Mom taught me to mix flour with small amounts of water, beating smooth all the time. It's an arduous process, but one I thought was etched in the family stone. Imagine my confusion when Auntie Ellen once remarked, "Why don't you put the flour and water into a jar and *shake* it?" But, I still make roast gravy Mom's way.

SMOKED PORK CHOP SUPPER

Thea Dybvik

As far as I know, Jim [*Greenfield*] and I invented this meal, or at least have made it our own.

Brown smoked pork chops in a heavy frying pan. Add white sauce (from a mix is fine). Reduce heat to very low, cover and simmer for ½ hour. Add quartered potatoes and cover. Roll spuds and meat over during cooking, and cook until the spuds are done.

Tonight I added some touches and it turned out yummy.

Add dried home-grown oregano bubbled in butter. Brown the chops. Sprinkle brown sugar on each side and add a bit of garlic powder. Add more oregano. Add a bit of water to dissolve the goodies on the pan bottom. Remove the chops, add the white sauce to the pan goodies. Bring to a boil, whisking often. Add the chops. Cover each with a slice of sweet onion. Proceed as above. Yum.

VEGGIE SPAGHETTI SAUCE

Terry Dybvik

1 large sweet onion, diced
3-4 carrots, chopped
3-4 celery sticks, chopped
Thyme, basil, oregano, tarragon to taste (I use at least a tablespoon of each)
Red pepper flakes to taste (I use a minimum of 1 teaspoon)
Salt and black pepper to taste.
4 strips bacon
3-4 cloves of garlic, diced
4 cans of Del Monte fresh-cut diced tomatoes (preferably "no sugar," 14.5-ounce cans)

Take the four strips of bacon and cook them in an iron pot on the stove. While cooking the bacon pre-heat oven at 350 degrees F. You are using the bacon only to get the bacon fat for the recipe. Once you have the bacon fat in the pot, remove the bacon and add your onion and garlic. Cook until translucent. Add carrots, celery, and spices; cook for two minutes. Add tomatoes with juices. Bring everything to a simmer and make sure everything is nicely mixed up. Put into oven and let cook for 2-3 hours. You can stir occasionally.

Once the sauce is cooked, you have several options. You can add sausage, use it just like it is, or my favorite, divide it into two equal portions. In an empty pot take a small container of heavy cream and reduce it by 1/3. Add one of the portions of sauce to the cream and let it cook for 5-10 minutes. Boil some penne pasta. Combine pasta with sauces as desired, and serve with freshly grated parmesan.

BAR-B-QUE SPARERIBS

Katharine Frost Rockhill

4 pounds spareribs (beef, venison, or elk)
1½ tablespoons salt
2 tablespoons steak sauce (Heinz 57 is best)
½ cup chopped onion
2 cloves minced garlic

1½ cups ketchup
1 cup honey
2 tablespoons vinegar
2 teaspoons prepared mustard
1 teaspoon pepper

Cut spareribs to desired size, then simmer in enough water to cover. Add 2 teaspoons salt and simmer for 30 minutes. Mix remaining ingredients. Cook over low heat 5 to 7 minutes. Place drained ribs in baking dish. Pour sauce over; bake at 375 degrees F. for 45 minutes. Baste with sauce every 15 minutes.

UNCLE TERRY'S RIBS

Terry Aarnio, submitted by Bill and Carol Aarnio

This is one of our favorites from Terry Aarnio. If he does not submit it, we would like to submit it for him!

Country style boneless pork ribs (cut off excess fat)
Chopped onion
Barbecue sauce (your favorite brand)

Place ribs in a 9" x 13" pan. Spread with chopped onion. Cover with foil and place in a 400 degree F. oven for 1/2 hour. Remove from oven, pour barbecue sauce over, replace foil and put back in a 325 degree F. oven for 1½ to 1¾ hours, or until tender.

The amount of ingredients in this recipe depends on the number of people served and how much onion and barbecue sauce flavor one wants. We usually smother the ribs with onion and sauce!

Angela Gardinier, Terry's partner, mentioned on July 4, 2002, that you can also boil the ribs first, before proceeding to bake them in the sauce, and you can sweeten the sauce with honey, if you like.

WHISKEY RIBS

Gordon Branthover

Glaze

1/2 cup butter
1/3 cup vegetable oil
1 cup onion, minced
2/3 cup catsup
2/3 cup whiskey
1/2 cup cider vinegar
1/2 cup orange juice
1/2 cup maple syrup
1/3 cup molasses
2 tablespoons Worcestershire sauce
1/2 teaspoon salt & pepper
1/2 teaspoon liquid smoke flavor
1 tablespoon orange peel -- finely grated

To make the glaze, melt butter in a heavy, large saucepan over medium heat. Add oil and heat two minutes. Add onion and sauté until golden brown. Add the rest of the ingredients, bring to a simmer, stirring frequently. Reduce heat to medium low and cook until mixture is thick and glossy, stirring occasionally, about one hour.

To make the ribs, season both sides of the ribs with a mixture of 5 teaspoons sugar, 2 teaspoons allspice, 1/2 teaspoon salt, and pepper to taste. Cover and let stand at room temperature for 45 minutes.

Prepare the grill (medium high heat). Lightly oil the grill. Place the ribs on the grill and sear five minutes per side. Move ribs to outer edges of grill, cover and grill until meat is tender, turning ribs occasionally. Brush with glaze during the last five minutes of cooking. Serve with remaining glaze.

MOM'S CHICKEN ASPARAGUS CASSEROLE

Jean Clark, contributed by DeLaura (Lori) Clark Norg

Lori writes, "Mom cooked this meal for our family so many times. She always served it with her warm blueberry muffins and a fresh green salad with red onions."

4 chicken breasts
1 can cream of chicken soup
1 can, drained (or fresh-cooked) whole asparagus spears
2 cups medium cheddar cheese, grated
1 can milk
1 can cream of mushroom soup
1 small white onion chopped
1 tablespoon butter
Seasonings (Lawry's Seasoned Salt, pepper, etc.)
1 package wide egg noodles, cooked and drained

Simmer the chicken breasts in seasoned water (or chicken bouillon) until tender. While the breasts are cooking, begin making the sauce in a medium pan. Cook the onion in butter until tender. Add the chicken and mushroom soups, plus 1 can of milk. Heat almost to a boil, then add cheese and seasonings, to taste. Add the cooked noodles to the sauce a little at a time, stirring constantly. The mixture should be creamy.

Butter an oblong casserole. Put in half the noodles and spread them over the bottom. Then layer the asparagus spears evenly. Add half the remaining noodle mixture. Skin and de-bone the chicken breasts, if necessary, and cut them into bite-sized chunks. Make a layer of the chicken chunks on top of the noodles. Cover with the remaining noodle mixture. Sprinkle the grated cheddar cheese over the top.

Cover the casserole with foil and bake at 325 degrees F. for 30-40 minutes.

EASY SOUTHERN OVEN-FRIED CHICKEN

Rodney Raihala

This is an easy recipe that I adapted from the "Food Day" section of *The Oregonian* years ago. It has become my favorite way of preparing chicken. I haven't looked at this recipe on the computer for some time. It seems my preparation has changed over the years. When I brought

this up I was surprised that it called for stripping the skin off the chicken pieces and that there was paprika in the ingredients. But it turns out good with the skin left on and just salt, pepper and thyme for seasoning, although I sometimes try other spices in with it also. This is also a good way of doing thick-sliced pork chops.

1 3- to 3 ½-pound chicken, cut up for frying
2 cups buttermilk
2 teaspoons vegetable or olive oil
1 cup dried breadcrumbs
1 teaspoon paprika
½ teaspoon salt
¼ teaspoon dried thyme
¼ teaspoon pepper

Strip skin from chicken pieces. Reserve neck and giblets for another use. Pour buttermilk over chicken in a plastic or glass container and turn chicken pieces to coat evenly. Cover and refrigerate at least two hours or overnight.

Preheat oven to 425 degrees F. Smear a 9" x 13" baking pan with the oil, set aside. Drain buttermilk from chicken by placing chicken on rack over sink or a large bowl. Combine breadcrumbs with paprika, salt, thyme and pepper; roll chicken pieces in the breadcrumbs to coat evenly. Arrange in a single layer in the prepared pan.

Bake 30 minutes; carefully slide a broad spatula under chicken to loosen from pan without tearing coating, and turn chicken. Bake 15 to 20 minutes longer, or until no trace of pink shows in thickest part of thigh and breast. If not to be served immediately, refrigerate and keep cold until served.

SESAME SWEET CHICKEN

Erica Raihala

I love planning this recipe ahead of time. It works great as a main dish or in a salad. For someone on a limited budget, or for someone throwing a party, this is a great recipe.

6 boneless, skinless chicken breasts
1/2 cup hoisin sauce
1/4 cup honey
3 tablespoons lime juice
2 tablespoons tamari sauce (light soy sauce)
1 tablespoon chopped fresh ginger or ground ginger
1/2 teaspoon ground cumin
1/2 teaspoon paprika

In large zip-top bag, combine hoisin sauce, honey, lime juice, tamari sauce, ginger, cumin and paprika. Mix all together with a spoon and then place the chicken inside the bag. Let marinate in the refrigerator for about 2 days, turning the bag over every time you open the refrigerator. The original recipe calls for 1 to 8 hours of marinating, but I've found that the marinade doesn't burn if it sits longer on the chicken in the refrigerator. On the third day, line a cookie sheet with tin foil and place a wire rack on the cookie sheet. Preheat the broiler. Remove chicken from marinade and place on the wire rack and broil for 15-20 minutes, turning once until cooked through. You can also cook the chicken on a barbecue if desired.

CHICKEN ADOBO

Teresa Raihala

3-pound chicken, cut into serving pieces (thighs work best, if you're using chicken pieces)

3/4 cup soy sauce

1 cup white vinegar

2 heads garlic crushed

2 bay leaves

1/2 tablespoon peppercorns

Water

1 tablespoon olive oil

Brown chicken pieces in a large pot with the olive oil and crushed garlic. Add soy sauce, vinegar, bay leaves, peppercorns and just enough water to make sure chicken is covered. Bring to a boil and simmer for 30 minutes. Serve over steamed white short grain rice.

You can spoon the sauce over the rice as-is, but if you would like it thicker, after you remove the chicken, boil the sauce until it is reduced by half.

Vegetables, Salads, and Side Dishes

ESCALLOPED CORN

Lois Frost Aho, contributed by Katharine Frost Rockhill

Here's one of Lois' favorites:

½ cup butter
1 can whole-kernel corn, partly drained
1 can cream-style corn
1 cup sour cream
1 small package Jiffy cornbread mix
1 cup grated cheese

Melt butter in a 9" x 13" pan. Combine corns, sour cream, corn bread mix in a bowl. Add melted butter and pour the mixture back into the pan. Bake at 350 degrees F. for 20 minutes. Remove and sprinkle on grated cheese. Continue baking for about 15 minutes.

FRESH CORN

Thea Dybvik

Fill a large kettle with water. Bring to a rolling boil. Add salt and a teense of sugar.

Go the garden and pick ears of sweet corn. Husk them as you hurry to the house. Drop them into boiling water and reduce the heat. Cover and wait about 10 minutes (if you can!). Serve with homemade butter, salt and pepper.

Oh, how I miss fresh corn!

BROCCOLI CASSEROLE

Marla Loessberg Rockhill

Casserole
1 large package frozen chopped broccoli
½ pound Velveeta cheese, diced
¼ pound margarine, diced
Topping
1 sleeve Ritz crackers
¼ pound margarine, melted

Cook broccoli as directed, drain, and squeeze dry. While broccoli is still hot, put it back into the pan and add diced cheese and margarine. Pour into a greased casserole. Crumble the Ritz crackers to make a topping. Melt ¼ pound margarine and combine with the crackers. Sprinkle topping evenly over the broccoli mixture. Bake at 350 degrees F. for 10 to 15 minutes.

SHELLEY'S GRAPE SALAD

Shelley Hammond

8 ounces cream cheese
8 ounces sour cream
½ cup sugar
½ teaspoon vanilla
Red and green seedless grapes to fill a 9" x 13" pan

¾ cup brown sugar
¾ cup chopped pecans

Mix the first four ingredients together until they are smooth and the sugar is dissolved. Stir in the grapes until they are well-coated with the mixture. Spread in a 9" x 13" pan. Sprinkle with the brown sugar and chopped pecans.

JUDY'S POTATO SALAD

Judy Aarnio Branthover

12 medium potatoes (steamed with skins on)
7 hard-boiled eggs
¾ cup white onion, chopped (or more or less, as desired)
½ cup celery, chopped
6 sweet pickles, chopped
3 tablespoons sweet pickle juice
¾ cup Miracle Whip (or more, if needed)
Salt for proper taste

To cook potatoes: Scrub 12 potatoes and place in 1/2" water. Cook approx. 35-45 minutes, adding water if needed. When slightly tender remove, drain and cool.

To make salad: Dice cooled hard-boiled eggs.

Dice onion, celery and pickles.

Mix the above together.

Peel potatoes, cut into approx. ½ inch cubes and add to other ingredients.

Mix together with a large spatula.

Sprinkle approximately 3 tablespoons of sweet pickle juice onto the ingredients.

Sprinkle some salt and mix.

Add Miracle Whip until salad is wet enough.

Taste and add more salt, onion or pickles until it tastes right.

Refrigerate until cold and then serve.

STEVE'S POTATO SALAD

Steve Aarnio, submitted by Bill and Carol Aarnio

6 medium potatoes (about 2 pounds)
2 stalks celery, thinly sliced
1/3 cup chopped onion
1¼ cup mayonnaise
1 tablespoon dill pickle juice (preferred) or 2 teaspoons vinegar
2 teaspoons Dijon mustard
1 teaspoon salt
1/2 teaspoon pepper
6 hard-cooked eggs (optional)

Peel, cut and cook potatoes until just done. Cool. Add celery and onion. Mix mayonnaise, dill pickle juice, mustard, salt and pepper. Add to potato mixture and mix well. Use eggs in salad or as garnish if desired.

PASTA SALAD

Marilyn Aarnio

12 ounces dry garden spiral pasta
2 diced tomatoes
1 cucumber, peeled, seeded and sliced
1/2 cup provolone cheese, cubed
1 cup sliced salami
1 tablespoon parsley
1 green pepper, diced
1/3 cup red onion, diced
1/3 cup sliced olives
3/4 cup Italian dressing (low calorie dressing works well also)

Cook pasta. Let pasta cool and mix all ingredients in a large bowl.

CUCUMBER AND TOMATO SALAD

Cindy Danen Johnson

2 large cucumbers, peeled and sliced thin
2 large tomatoes, chopped finely
Dill weed to taste
Best Foods mayonnaise to taste

Mix together, chill in fridge, and serve.

OLD-FASHIONED CABBAGE SLAW

Carol Aarnio

3 cups finely chopped cabbage
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon dry mustard
1/2 to 1 teaspoon celery seeds
2 tablespoon sugar
1 teaspoon grated onion (I usually use more)
1/4 cup vegetable oil
1/4 cup white vinegar

Place cabbage in a medium-sized bowl. Mix remainder of ingredients until emulsified. Mix with cabbage and chill.

WALDORF ZIP

Wilma Raihala Aarnio, contributed by Carol Aarnio

This is a recipe that I got from Wilma. It probably dates from the 1960s when Jello salads were the "in" thing! Even so, it has become a standard that I still serve during holidays when the kids are home.

- 1 3-ounce package lemon Jello
- 1 cup boiling water
- 1 cup ginger ale, Squirt or 7-Up
- 1 cup diced, unpeeled apples
- 1/3 cup diced celery
- 1/3 cup chopped nuts

Dissolve Jello in boiling water. Add ginger ale. Chill until slightly thickened. Fold in apples, celery, and nuts. Chill.

RAY'S SHRIMP DILL SLAW

Ray Raihala

Here's a recipe that I kind of invented and partially adapted from a Sizzler's salad bar. They had a slaw with surimi (fake crab) in it. I added the dill and some other ingredients.

Salad

- 1 3-ounce package of prepared slaw, or equivalent chopped cabbage and carrots
- 4 medium Roma tomatoes, cut into 1" chunks
- 1 large or 2 medium cucumbers, peeled and cut into 1/8" thick round slices
- 3/4 pound fresh or previously frozen Pacific shrimp

Dressing

- 1 cup Best Foods Mayo
- Juice of 2 large lemons
- 3 teaspoons sugar
- 1 teaspoon salt
- 2 tablespoons dill weed (more if desired—you can't have too much)

Mix veggies and shrimp in large bowl. Mix the dressing ingredients separately and pour over veggies. Stir thoroughly. Refrigerate and serve cold. For potlucks, get a bigger bowl and double the recipe. Crab or surimi may be substituted for shrimp if you prefer.

SWEET PICKLE CHIPS

Katharine Frost Rockhill

- 1½ quarts kosher dill pickles
- 3 cups sugar
- 1 cup white vinegar
- 1 tablespoon pickling spice

Drain and slice pickles into chunks. Rinse. Boil vinegar, sugar and spices. Pour over pickles. Let stand 3 days, then refrigerate.

PICKLED BEETS

Katharine Frost Rockhill

Enough fresh beets to fit into a turkey roasting pan.

3 cups vinegar

2 cups water

2 ½ cups sugar

1 teaspoon salt

5-inch cinnamon stick, broken

1 tablespoon whole allspice

6 whole cloves

Cook turkey roaster full of beets until tender. Peel and cut to serving size. Cook brine 10-15 minutes. Add beets and cook five minutes longer. Put into hot jars. I use two batches of brine for a roaster full of beets.

CRAB LOUIS DRESSING

Carol Aarnio

This dressing recipe was requested at the last Cousin's Club gourmet dinner.

1 cup mayonnaise

1/4 cup whipping cream

1/4 cup chili sauce or cocktail sauce

1/4 cup green pepper (optional)

1/4 cup chopped green onion

Mix ingredients. Add salt and lemon juice, if desired.

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